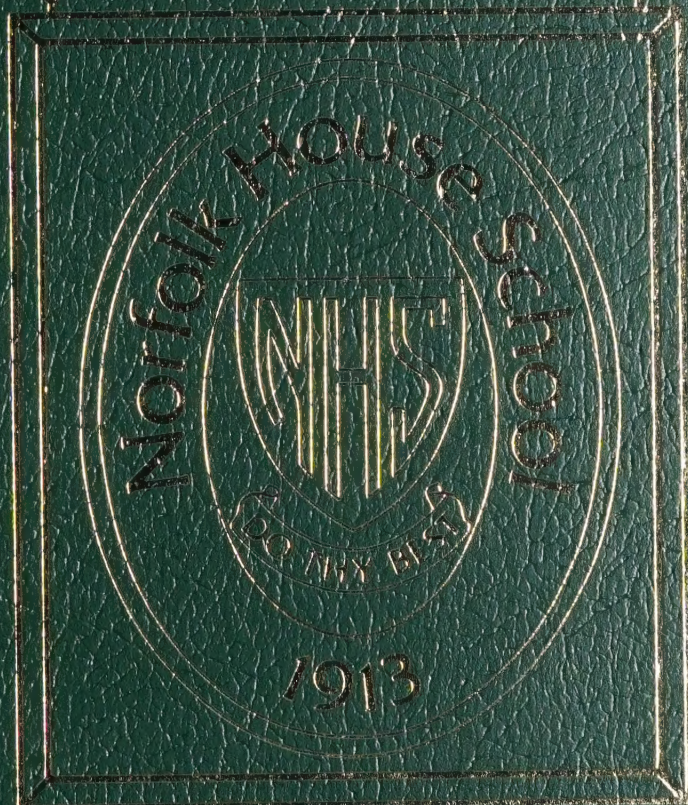


1983-84












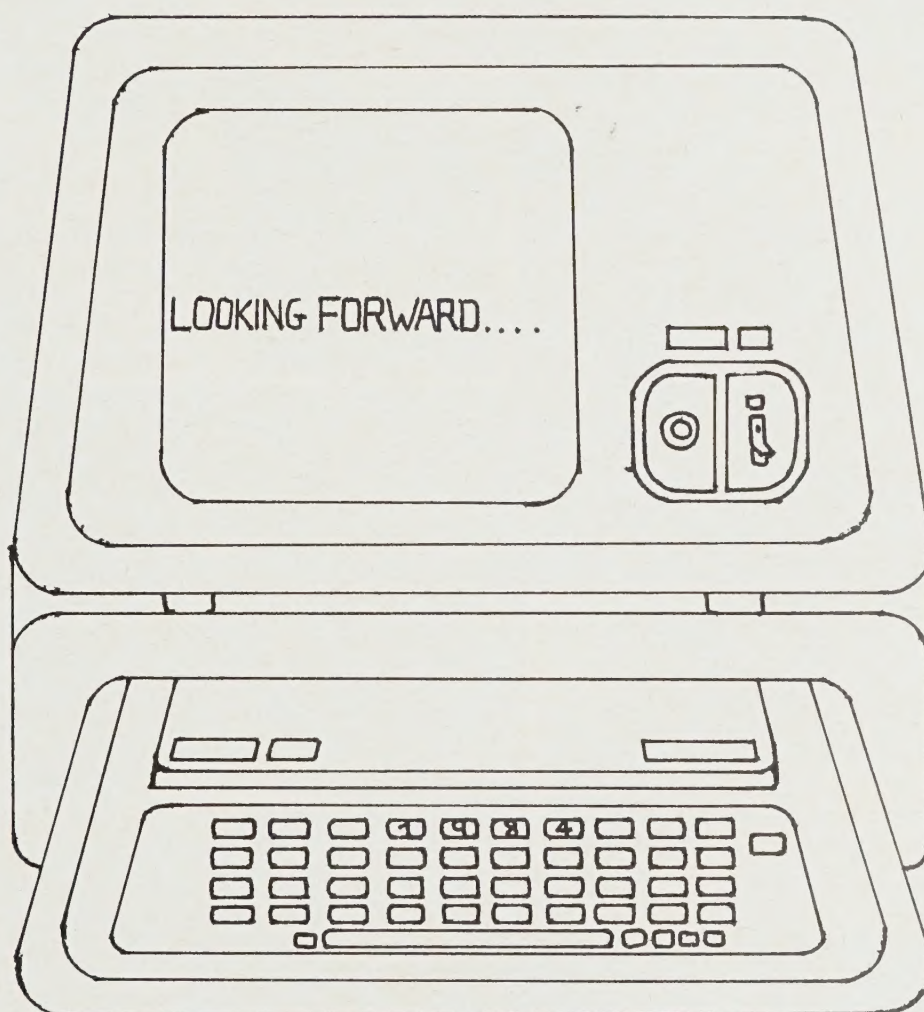




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Norfolk House  
801 Bank St.  
Victoria, B.C.



"Time won't stop  
for me...."  
T. Williams



# 1983/84

## BOARD OF GOVERNORS

**CHAIRMAN:**  
Mr. D. H. Hambleton

**VICE-CHAIRMAN**  
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Dr. L.S. Bowers  
Judge M. Hubbard  
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**HONORARY LIFE MEMBER:**  
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**CHAIRMAN EMERITUS:**  
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## TEACHING STAFF

**HEAD MISTRESS:**  
Mrs. M. Wilmot

Mrs. N. Austin  
Mr. T. Blake  
Mrs. V. Blake  
Miss V. Chatterton  
Miss J. Cooke  
Mr. G. Darms  
Mr. R. Doney  
Mrs. D. Dressler  
Mrs. J. Hicks  
Mrs. M. Jenkins  
Miss K. Jennings  
Mrs. M. Kennedy  
Mr. H. Knapp  
Mrs. M. Langran

**ASSISTANT-HEAD MISTRESS**  
Mrs. J. Beynon

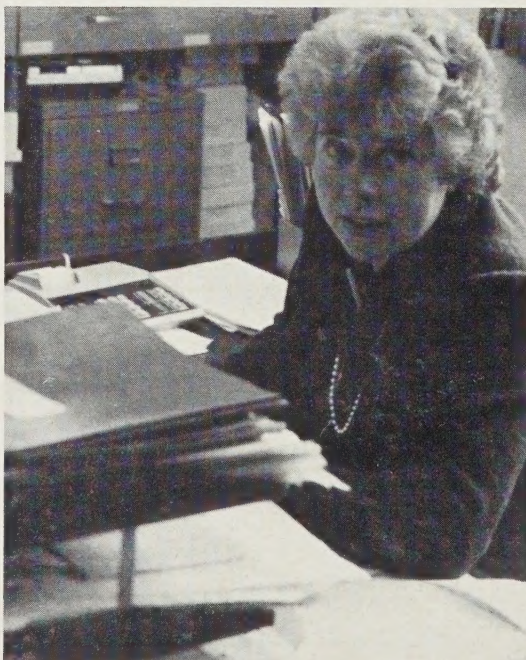
Mrs. M.E. Logan  
Mrs. S. McAuley  
Mrs. M. McCullough  
Mrs. C. McKinnon  
Mrs. V. Malik-Diemer  
Mr. H. Migeon  
Mrs. C. Morehen  
Mrs. R. Neilson  
Mrs. J. Pfister  
Mrs. L. Read  
Miss I. St. Dennis  
Mr. R. Steel  
Mrs. D. Straith  
Mrs. S. Ulakovic  
Mrs. J. Whitmore

## ADMINISTRATION

Mrs. Vivian English



Mrs. Gill Horodyski



Mrs. June Costin







## NEW BEGINNINGS

1983/4 has been a year of new beginnings for all of us. It has been your first year with me as your Headmistress, the first year at Norfolk House School for 78 new girls, the first year with our much-expanded computer facilities, and the first year of a new decade in the school's history. As we finish celebrating our 70th Anniversary, it is exciting to start work on the 71st year of progress for Norfolk House School.

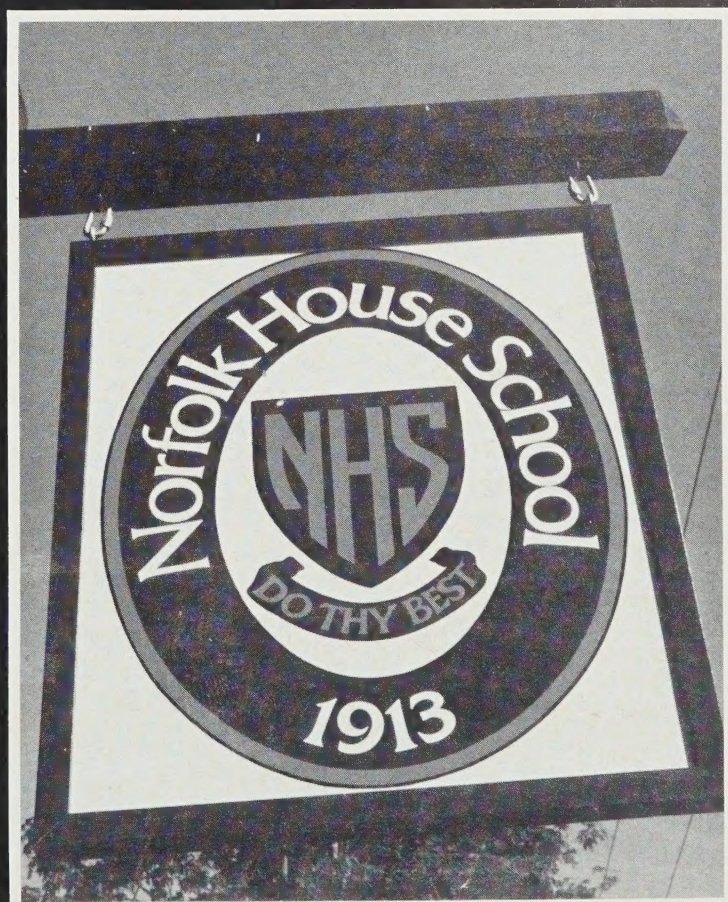
It is with great pleasure (and a little bit of trepidation) that I have launched myself into life at Norfolk House. The rewards have already been unexpected and satisfying. May I suggest to our Graduates this year that *every* new beginning has the same potential for satisfaction. Plunge yourselves whole-heartedly into new endeavours as you go forth from Norfolk House. You are well-equipped to enjoy the challenges awaiting you, and the rewards will be great.

Looking forward  
Margaret Wilmot,  
Headmistress.

## DEDICATION

To our new Headmistress,  
Mrs. Margaret Wilmot,  
and

To The Future of Norfolk House.  
May our next seventy years  
be as successful as the first seventy.





EDITOR: Margaret Drent  
 ASSISTANT EDITOR:  
 Megan Jenkins  
 LAYOUT/DESIGN: Robyn  
 Horner, Rosemary Barlow  
 PHOTOGRAPHY: Mimi  
 Johnson, Anré Friedmann  
 ART: Corina Yip, Wendy Tse  
 LITERATURE: Christa  
 Zimakas, Janice Hope  
 SPORTS: Fiona Griffith,  
 Kathleen Ryan  
 ADVERTISING: Lise-Lotte  
 Loomer, Ann Newbury,  
 Maria Hernandez  
 SPECIAL EVENTS:  
 Rosemary Barlow  
 GRADS: Jane Barr  
 CLASSES: Mimi Johnson  
 CLUBS: Anré Friedmann  
 HOUSES: Robyn Horner  
 STAFF PHOTOS AND  
 CANDIDS: Rosemary  
 Barlow, Mimi Johnson,  
 Anré Friedmann  
 ADVICE: Alicia Parker



PLEASE . . . It's a good cause.

## EDITOR'S MESSAGE

Last year's NORFOLKLORE centered upon the 70th Anniversary of Norfolk House. This year's Annual Staff chose the theme "Looking Forward" because we have not only entered a new decade and recently established a large-scale computer program, but also we felt the School had experienced a rebirth of spirit.

The Annual Staff has tried to capture all the facets of school life in these pages; academia, sports, extra-curricular activities, staff, and of course, the students. This would not have been possible without the generous donation of time and talent by Mrs. Jenkins.



The Magazine Staff hard at work.



You want me to *change* it?

↓ Did someone say Bowie?







#### MAGAZINE STAFF

##### Top Row (l-r)

R. Barlow  
A. Newbury  
M. Johnson

##### Second Row (l-r)

Mrs. Jenkins  
L.L. Loomer  
M. Hernandez  
J. Barr  
F. Griffith

##### Third Row (l-r)

R. Horner  
M. Drent  
M. Jenkins  
J. Henderson  
W. Tse  
C. Yip

##### Bottom Row (l-r)

C. Zimakas  
A. Friedmann  
K. Ryan  
J. Hope



# THE STAFFS

#### TEACHING STAFF

##### Top Row (l-r)

R. Doney  
R. Steel  
H. Migeon  
T. Blake  
G. Darms  
H. Knapp

##### Middle Row (l-r)

J. Hicks  
S. McAuley  
S. Ulakovic  
M.A. Langran  
J. Cooke  
M. Kennedy  
V. Chatterton  
D. Straith  
V. Malik-Diemer  
J. Whitmore  
C. Morehen  
K. Jennings  
R. Neilson  
D. Dressler  
C. McKinnon

##### Bottom Row (l-r)

M. McCullough  
J. Pfister  
V. Blake  
J. Beynon  
M. Wilmot  
L. Read  
M.E. Logan  
M. Jenkins  
N. Austin





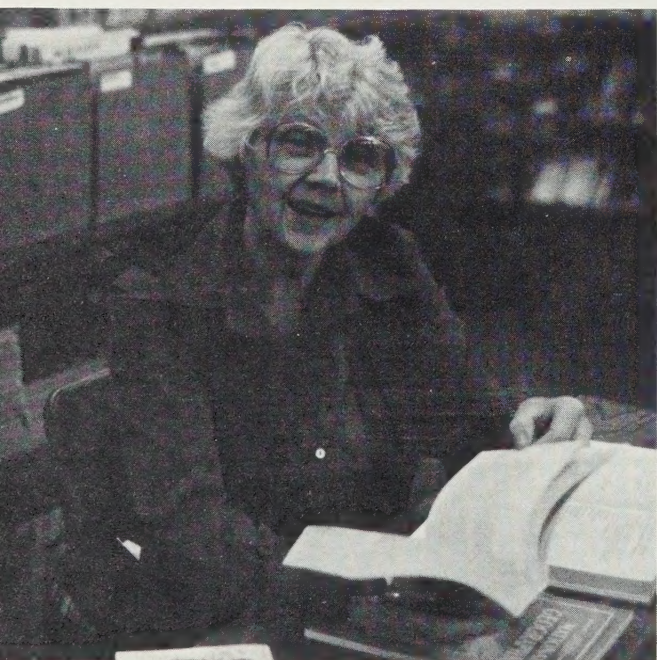
# STAFF CANDIDS



"That's SO Vogue."



"Isn't that amazing?"



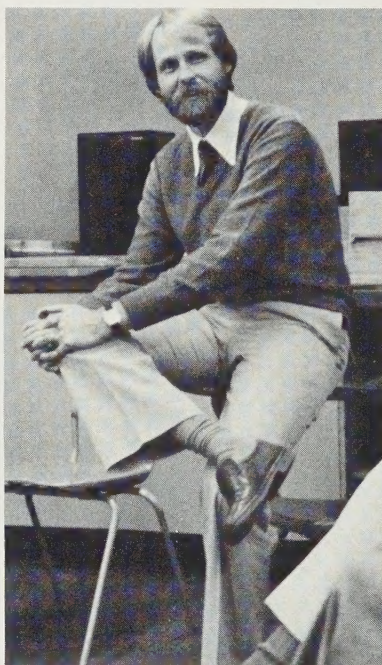
"Four out of five librarians recommend . . ."



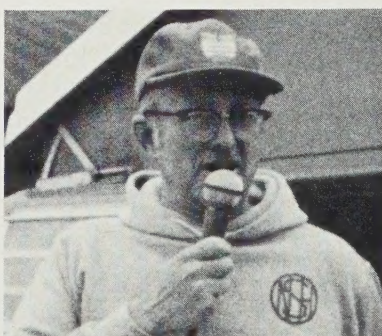
"Walsingham won!"



"What can I say?"



Tom Blake raps.



"H-h-h-he-res ROGER!"



"Mexico? You're kidding."



"Get the picture?"



"A World debate at NHS?"





"You like a bit?" "No, Ulakovic."



"Of course Latin lives!"



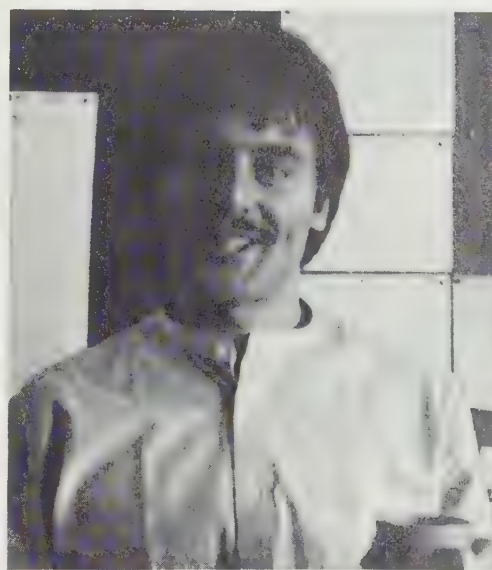
"Isn't that marvy?"



"How about a Norfolk House pencil?"



"Oh, no. I over dressed!"



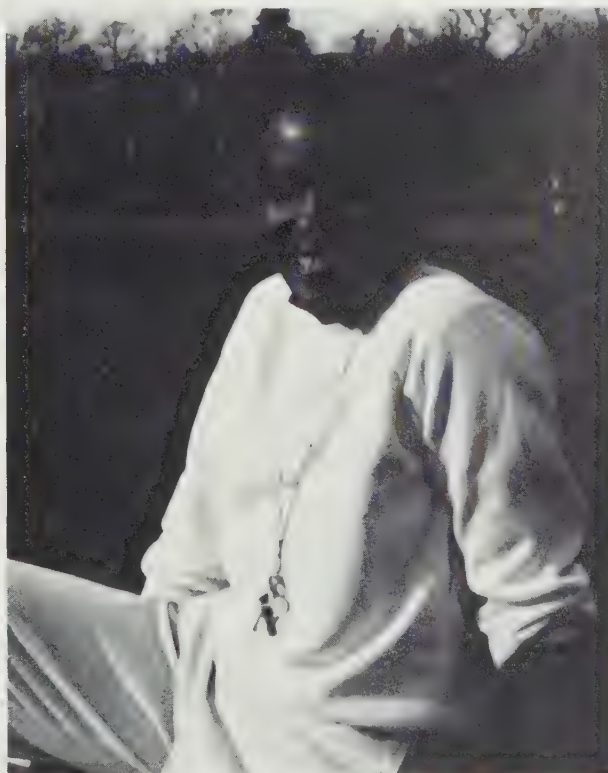
"Oops! Zut alors!"



"It's Big Brother!"



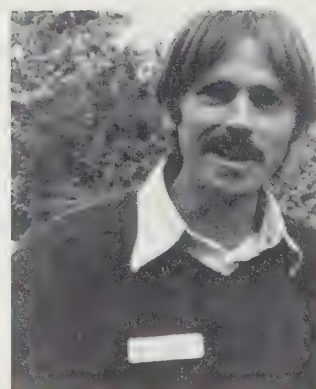
"Do I smell POTATOES?"



"Keep running, girls . . ."



"Where's the milk?"



"I speak LOGO."





"Please, no wolf jokes."



"You flatter me!"



"The Haggis is coming!"



"What a nice day!"



Mona Lisa



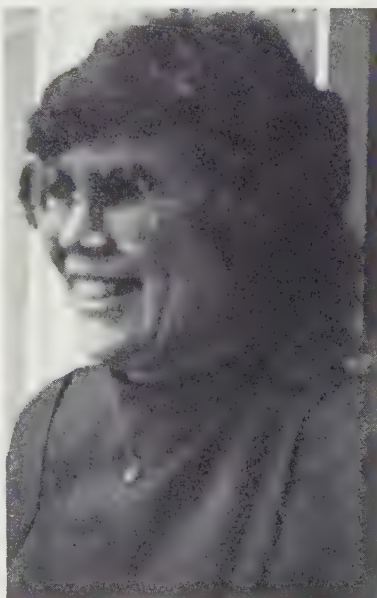
"It's fun to compose."



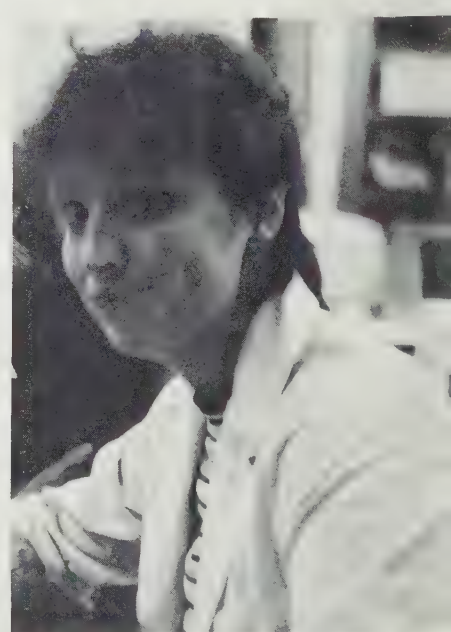
"It's not Skippy!"



"3:05 Friday!"



"Party at my house!"



"Look, I can make a dimple."



# GRADS



1984





# **ANWYLYD SIÂN BETHELL**

**1981-1984**

**Dereham**

"We are all faced with a series of great opportunities — brilliantly disguised as insoluble problems."

**Ambition:** Paediatrician

**Probable Destiny:** Sewing on severed heads at the Sooke Dollie Hospital.  
**Pet Peeves:** Medallion men, feathered hair, Butterface, lumberjack shirts, and Richard Dawson.

Anwylyd, better known around the school as Nonny, was our spirited and lively Head Girl this year. While dashing from the common room to Mrs. Wilmot's office, amid a whirlwind of books and looseleaf, she would most often be head muttering, "I must get my life together this weekend!" Being the well rounded student, Anwylyd's activities involved choir, debating, social service, grasshockey, student council, tennis team and drama club. As far as trivial interests are concerned, Non enjoys the sweet strains of Squeeze, G.Q. magazines, Marilyn Monroe movies and P.D. James' novels. Disregarding lunch and spares as being academic, Anwylyd heads off her list of favourite subjects with History, English, Algebra and French. After three years at Norfolk, Nonny will be leaving with several cherished memories: Rue de Treasure, Armadillo, Skippy and Bubbles at grad '83, Dick Tracey, Eleanor's Christmas body-suit, Jan, and Idi Amin. Although as near to perfection as humanly possible, Anwylyd's life has not been without flaws. Aside from listening to Def Leppard once, Anwylyd blushes at the memory of singing folk songs at the B.C.'s.

Dear Norfolk,

There is a secret that prevails in the corridors of Norfolk House which I wish to share with you at this time. It is written by the sage in "The Book of Norfolk" (or was it Mrs. Beynon who said it?). The secret, expressed in a single statement, is that school days are supposed to be the happiest days of your life. Although there have been some Fridays when I would have disclaimed this fact, there has never really been any supposing for me.

The years that I have spent at Norfolk have been among my happiest. This last year especially ranks as one that I have enjoyed the most. The position of Head Girl has given me ample opportunity to be involved with the whole school, and in so doing, resulted in many more friendships. Also as Head Girl, I learned about responsibility. I was provided with a maturing process that will help serve me to face any situation in my future.

Norfolk has been known for the way in which it cultivates its girls to cope with and to care for life. Our school gives girls a place in the world, providing them with a stable background of unlimited resources that they can call upon to face their future.

Understandably, if Norfolk supports its girls, it is in order for the girls to support Norfolk. In the past, the *esprit de corps* of our school has been second to none. My wish to you is that this spirit of support, that the school and student body finds in each other through dedication of our staff, survives forever.

Our school will not fail to hold its footing at the topmost rung of the school ladder.

Sincerely,  
 Anwylyd.





## PENELOPE ANN GREENWOOD

1975-1984

### Walsingham

"Today is the first day of the rest of your life."

**Ambition:** To be a doctor, own a stationery store, and drive a red Mercedes-Benz sports car.

**Probable Destiny:** Selling dried-algae greeting cards door-to-door in a 1970 rust-tone Chevy.

**Pet Peeves:** Metal desks in the summer, the long fifth period, herbal and fruit teas, Shakespeare, and overly competitive people.

As well as being one of our cheerful prefects, Penny was also House Captain of the incomparable Walsingham this year. She is probably better known around the common room as "Peenie Greenie." There is never a dull moment for Penny with all the activities she participates in. This year she was involved in the drama production, choir, field hockey, soccer, track and field, and Student Council. She could often be heard exclaiming, as she ran hysterically from class to class, "I'm so sure!!" Penny's main interests include the Beatles, acting, and the piano; she also enjoys gymnastics, ice skating, singing, and creative writing. Apart from her spare, Penny's favorite subjects are Algebra and Drama. Having been at Norfolk for 9 years, Penny has accumulated quite a large collection of cherished memories. The B.C. Hockey Finals in Delta bring to mind the metronome, 20-pack of Wagon Wheels, and The Beach Boys, while the Quebec Exchange prompts memories of calèche riding and 'Margaret'. Trips to 7-11, playing Lucy in "You're a Good Man Charlie Brown", secret lunch spots, trampolining at lunch, National Geography Day, canoeing at the Gorge, and "The Two Ronnies" with Nonny are all included in Chapter One of Penny's novel of cherished memories. Certainly her proudest memory was Walsingham's victory at the 1983-1984 Swim Gala. Normally Penny won't turn a hair when humiliated; however, she admits she could have crawled into a hole at a certain dance in Grade 8.

## JUDITH ANNE HORWOOD

1978-1984

### Wymondham

"Your strength must come from the Lord's mighty power within you."

**Ambition:** to be a doctor or surgeon.

**Probable Destiny:** commentator for ski tournaments.

**Pet Peeves:** "selling" milk.

Judith is our enthusiastically athletic Wymondham House Captain and Hockey Captain. However, her talents are not confined to the hockey field: she also waterskis, plays tennis and basketball. Judith is also academically inclined, for she won a scholarship for her Grade 12 year. Her favourite subjects are Chemistry and Algebra. Even when it seems like a hopeless cause, Judith always seems to be prepared to take on yet another responsibility, such as the management of the Grade 11 Grad Account, prompting her to be heard saying "We're in debt again!" She must be given credit for her patience! Judith's other responsibilities include being a prefect, a member of the Student Council, and, out of school, teaching Sunday School. Judith is also interested in Young Life and singing, being a permanent fixture of our Senior Choir. Her most cherished memories include the Quebec trip in 1981, Bobil, Santerre ragout, the trip to Delta for the 1982 B.C. Hockey Finals, acting in "Our Town" in Grade 9, and being Hockey Captain. Her most embarrassing moment was having toilet paper dropped on her face while asleep in Delta. Well, Judith, you over-achiever, we have no doubt that you have a bright future ahead of you. Good luck in whatever you choose to do and remember to take your vitamin B!







### **LAURA ALISON McKELLAR**

**1983-1984**

**Wymondham**

"Experience is the child of thought, and thought is the child of action."

**Ambition:** To teach young people sports.

**Probable Destiny:** Being on a ski patrol team.

**Pet Peeves:** Oxfords, not having time to watch TV, and critical people.

Laura, or Weeds, is most often heard saying, "You snake." She enjoys skiing, swimming, trampoline, rock-climbing and scuba-diving. Her interest is in young people; her favourite subjects are English, Chemistry, and P.E. Although at NHS for only one year, Laura has accumulated some cherished memories: the trip to Bamfield, the Christmas Carol Service, and singing with the Grade Twelves for all the teachers. Her most embarrassing moment was going to the Grade 12 meeting at the beginning of the year, not having her uniform.

### **TRACEY ANN KELLY RUMSBY**

**1982-1984**

**Walsingham**

"Those of you who think you know everything are annoying to those of us who do."

**Ambition:** Medical Doctor, Architect.

**Probable Destiny:** Soccer-playing beach bum.

**Pet Peeves:** Feathered earrings, woman-to-woman talks, gymnastics, Idi Amin's grand-daughter, Lit. tests, heavy metal.

Trixie Beldon, as fondly called by her classmates and other members of the school, was our Games Captain. Tracey has collected many exciting and cherished memories over the two years she has spent at NHS. She enjoys English and Chemistry; she tries to fit in her studies around her active schedule. Since her number one love is sports, she did not find it hard to adapt to the challenges of the P.E. program. Grasshockey became a favourite pastime, but soccer remained her favourite sport; she excelled on the school's newly-formed soccer team. Swimming, badminton, basketball, and many more active sports dominated her spare time. She has also participated in choir, The Duke of Edinburgh Club, debating, and school productions. Tracey fondly remembers Delta, at the B.C.'s, where the bad weather didn't stop her from having a great time, both on the field and at the hotel. She enjoyed bugle and wagon-wheel parties, late nights with Non, and scaring other roommates. The West Coast Trail provided her with many memories, one of which was of water-filled tents with A.F., and miles of endless hiking. Bamfield brought many unforgettable memories: body surfing at Pachino Beach and late arctic swims with Zoë. Her embarrassing moments range from the Great Inner Tube Race on the Gorge, dressed as a baby, to escapades with C.D. at wrestling. Tracey has definitely contributed to the school spirit at NHS and will be greatly missed by all. We wish her the best of luck in the future.







## CHARLOTTE ELIZABETH EVA WARDELL

1972-1976; 1979-1984

Dereham

"Whenever I feel like studying, I lie down and let the feeling pass."

**Ambition:** To study languages, move overseas and work in External Affairs.

**Probable Destiny:** To be the assistant pickle slicer at McDonald's.

**Pet Peeves:** Late slips, being tickled, *Richard II*, "Syntax Errors", worn-out jokes and people who add "eh" on the end of every sentence.

Charlotte, or "Char", has been at Norfolk since Grade 1, leaving us for 3 years, then magically returning in Grade 8. She can often be heard saying, "Maybe not . . ." usually when she has cracked one joke too many. Also that regular statement, "I need a cup of tea," seems to be a favourite of Charlotte's, as Char is also a very lively and artistic member of the Grade 12 class. Nine years of Norfolk life has given her quite a collection of cherished memories; some of them include stealing certain cookies for common room "SNACK TIMES!!", having to be carried into Grade 1 screaming the school down, Strathcona's hiking, canoeing in the rain and kayaking in circles, lunch hours at 7-11, competitions with Zoë involving who could eat more, Mrs. Beynon's "C'est bizarre . . . oui?", singing with the class, the Grade 11 ski trip on her birthday, the Quebec exchange, the Grade 10 talent show (Mary-Loo?), equilateral triangles and Armadillo. Charlotte's favourite subjects are History, French, Spanish, and Art. This year she has been very busy as the Public Relations student representative, as well as participating in such activities as grass-hockey, debating, badminton, tennis, and choir. In her very few spare moments, Char likes to pretend she is organizing herself, being sarcastic with Zoë, drawing and painting, taking photos, sailing, skiing, traveling, and joking. Her most embarrassing moment can't be written down; however, Charlotte recalls the late night ping pong caper at Bamfield, the Grade 11 fashion show when her costume fell apart and always having the knack for saying the wrong thing at the wrong time (the old foot-in-the-mouth trick!!). Char will always be remembered for her passion for Mel Gibson movies, telling red jokes, GQ magazines, and always being the first to leave school at the end of the day.

## CAROL LORRAINE LEE WALDMANN

1972-1984

Caister

"No one is innocent; some are just less guilty than others."

**Ambition:** To be successful in her own eyes and to become excessively wealthy.

**Probable Destiny:** To end up singing in a punk rock band.

**Pet Peeves:** Feathered hair, aerobics, dieting, spiders, sugarless tea, heavy metal, being called New Wave, long block, and poor usage of the English Language.

"Waldo Woman" has honoured us with her presence for twelve long years. Carol's many interests include grass hockey, choir, swimming, and silk-screening. This year, Carol has been an enthusiastic Caister House Captain, Choir President, and Anti-Vivisectionist. Carol can often be heard hollering, "Glory be to God, another miracle." During her years at Norfolk, she has collected many cherished memories including B.C. hockey finals, Mr. Flashlight, milk duty, Europe trip, a certain slumber party in Grade 5 (Penney . . . Zoë), boycotting geography tests, and Quebec. Carol's most embarrassing moments include belly-flops at swim meets, falling down a flight of stairs on a tour, and getting grounded for life . . . several times. Her favourite subjects are History and Art. Carol will be remembered for her active participation in choir and, generally, in singing.







# JENNIFER ROBIN WILLIAMS

1976-1984

Calster

"Some things have to be believed to be seen."

**Ambition:** to become a crew member of the Space Shuttle or a famous Science Fiction writer.

**Probable Destiny:** writing bizarre stories for Dr. Seuss.

**Pet Peeves:** the milk fund, dissecting things, curly hair.

Better known at Norfolk as Jenny, Jennifer is one of our most enthusiastic prefects; never was there a hockey game when this Hockey Manager could not be heard bellowing "Infiltrate!" to the team players. Jenny is also a member of the Senior Choir and Drama Club; she is interested in jazz dancing, playing the ukulele, and drama. Her favourite subjects are Computer Science, Biology and English. For her Grade 12 year at NHS, she received a scholarship. Through the past eight years, Jenny has collected many cherished memories: Tracey's act at BMS, the class choir, the hypothermia video (our version), and cheering at hockey games. Her most embarrassing moment came at one of the annual Interhouse Swim Meets, when she actually had to swim! Unfortunately, her bathing suit did not stand up to diving! Good luck in the future, Jenny; we hope to see you winning the Nobel Prize someday.

# ZOË DEBORAH WILLIAMS

1974-1984

Dereham

"If you can't be right, be wrong at the top of your voice."

**Ambition:** Lawyer, or violinist with a red Mercedes-Benz convertible.

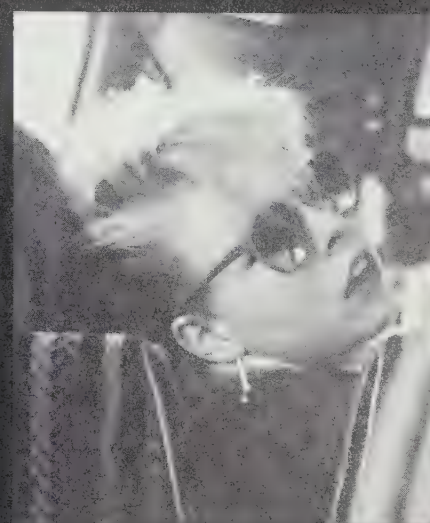
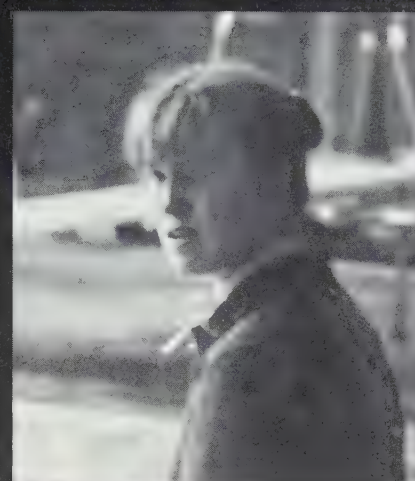
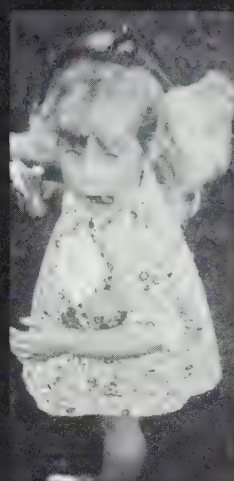
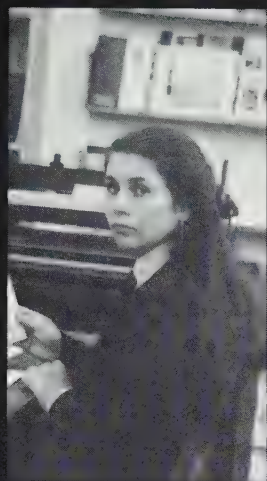
**Probable Destiny:** Head pickle-slicer at McDonald's.

**Pet Peeves:** Dieters, people who are always right, heavy metal, polyester, feathered hair, flare legs, Lit. and French tests.

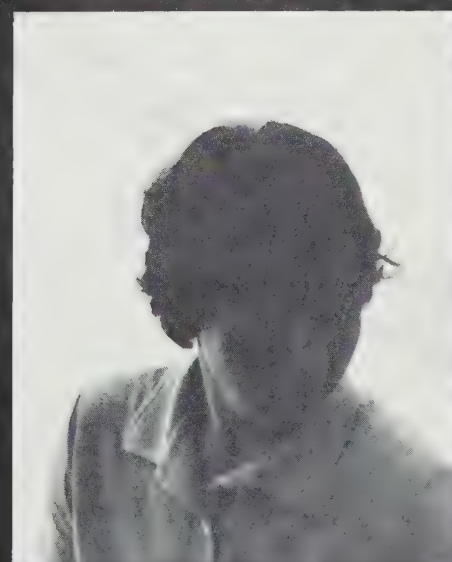
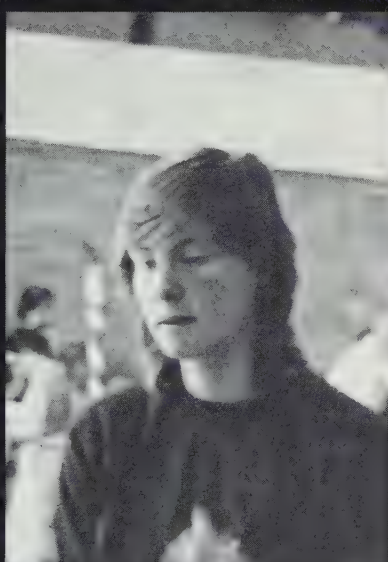
Zoë's decade at NHS has indeed left its mark. Whether in music or academically, she has become a great part of the school spirit. Zoë's final year has established her as Dereham House Captain and Vice-President of the Debating Club. Zoë enjoys many activities both in and out of school. She participates in choir, soccer, tennis, badminton and many other extra-curricular activities. She is very fond of grass-hockey; at the B.C.'s, she showed her true self! From room raids to food parties and mud fights, Zoë became a true terror with the other Grade Twelves. She will always remember the volleyball tournaments and certain Goldstream dips, where she tried to help the fish spawn. Quebec brings back fond memories of calèche riding and "But why?" Bamfield is one of her happy memories; she was the fastest cookie eater, took late night swims in freezing water with Tracey and made up imaginary specimens for labs with her partner. Night time in the attic, with Shock the Monkey, will be remembered not only by her but also the entire complex. The Great Inner Tube Race was one of her embarrassing moments, as she paddled through the icy depths. All in all, Zoë will always be remembered even though others may try to fill her place. Good luck, Zoë, wherever you go and always remember the friends you left behind.



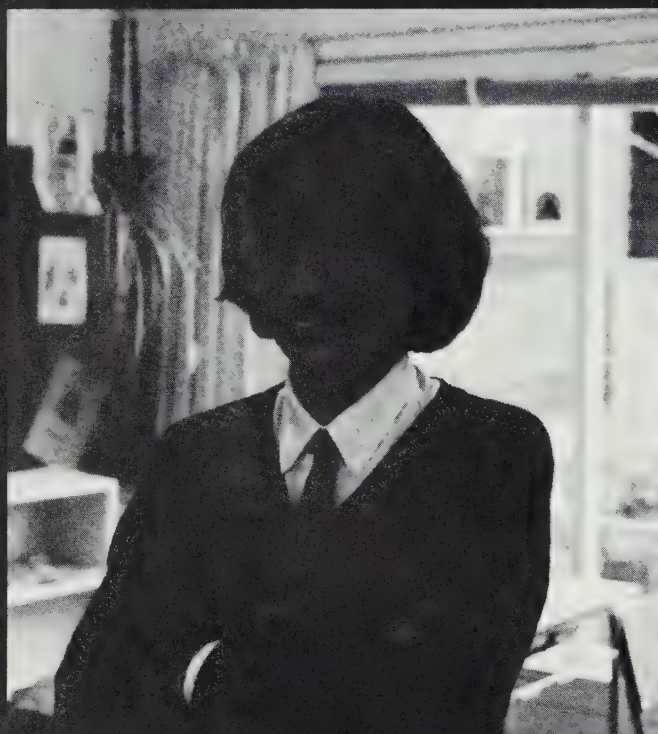




## THEN AND NOW









# CLASSES







**GRADE I**  
 Top I-r  
 Mrs. Ulakovic  
 D. Greene  
 K. Lee  
 A. Yuile  
 L. Braden  
 E.K. Pace  
 H. Frazer  
 N. Brigden  
 J. Findlay  
 S. Patella  
 Mrs. Langran  
 Bottom I-r  
 R. Simpson  
 H. Sharpe  
 S. Danzo  
 A. Jan Vrem  
 J. Turner  
 J. Bennett  
 E. Willows  
 A. Horne  
 E. Dutton  
 Missing  
 H. Lamla



## GRADES I AND II

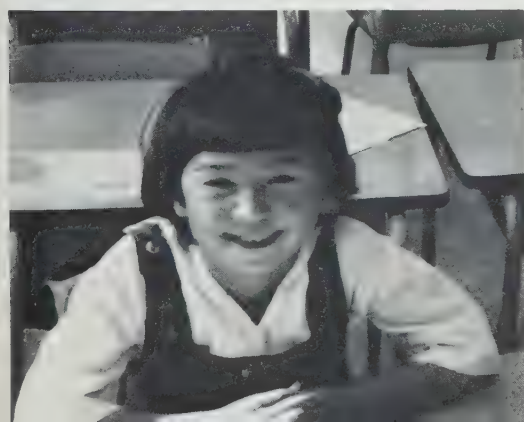
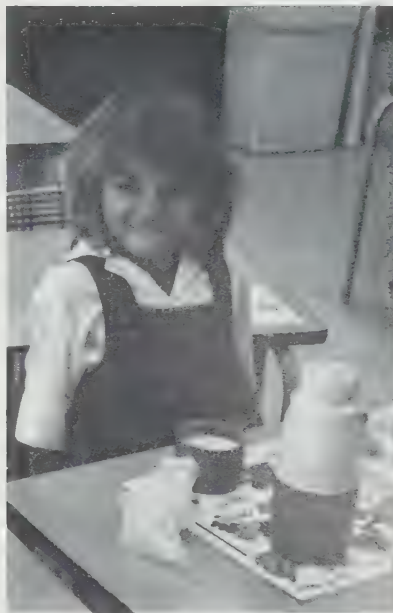
### GRADE II

Top I-r  
 E. Wilson  
 S. Hollett  
 K. Dorken  
 K. Telford  
 S. Wilmot  
 C. Gardiner  
 L. Mathewson  
 Mrs. Logan  
 Bottom I-r  
 A. Buckle  
 S. Best  
 S. Middleton  
 K. Rennie  
 C. Bowman  
 A. Tannhauser  
 J. Robb  
 S. Galle





# GRADES I AND II CANDIDS

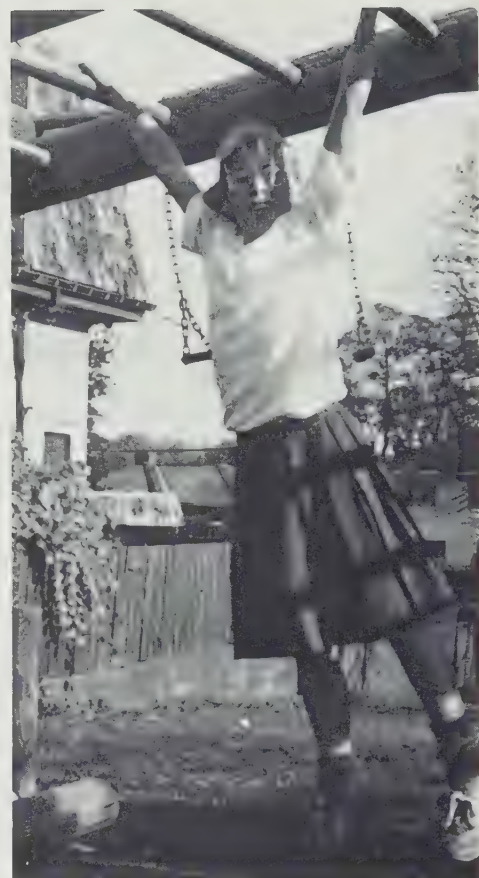


Hi!





# GRADES III AND IV



# CANDIDS





### GRADE III

Top l-r  
Mrs. Dressler  
R. Myers  
S. Jones  
B. Angus  
J. Chant  
V. Scott  
Middle l-r  
F. Ely  
J. Gill  
V. Minaker  
R. Basnett  
C. Slade  
S. Yuile  
H. Koulelis  
Bottom l-r  
K. Clarke  
N. Ibrahim  
A. Kinghorn  
T. Scott  
A. Geminiano  
J. Kemp  
S. Young  
M. Tomlinson  
Missing  
C. Plumpton



## GRADES III AND IV

### GRADE IV

Top l-r  
Mrs. McKinnon  
E. Kjekstad  
A. Parker  
L. Kittel  
R. Sodhi  
N. Bawlf  
S. Atkins  
Middle l-r  
H. Scorey  
M. Wigham  
K. Hubbard  
L. Angus  
C. Robertson  
O. Booth  
J. Bray  
Bottom l-r  
L. Bowers  
S. Giesbrecht  
A. Field  
B. Frazer  
J. Yoneda  
R. Hounslow  
K. Maggiora  
J. Alton  
Missing  
S. Smith







**GRADE V**  
 Top I-r  
 Mr. Darms  
 H. Lyall  
 L. Lunden  
 D. Cramer  
 S. Clarke  
 S. Bishop  
 A. Kemp  
 Middle I-r  
 J. Maycock  
 L. Smart  
 M. White  
 Z. Rayani  
 R. Curran  
 R. Todd  
 Y. Weis  
 Bottom I-r  
 S. McFerran  
 E. Drent  
 T. Franklin  
 K. Freeman  
 L. Libin  
 L. Rerrie  
 G-M. Aggett

## CANDIDS V





**GRADE VIB**  
 Top l-r  
 Mr. Blake  
 T. Loney  
 L. Tomaszewski  
 N. Johnson  
 K. Schweitzer  
 L. Boyes  
 J. English

Bottom l-r  
 M. Williams  
 L. Weston  
 E. Gates  
 M. Gaudin  
 T. Alton  
 S. Whiteside  
 H. Irvine

Missing:  
 V. Meakes



# **GRADES VIB AND VIM**

**GRADE VIM**

Top l-r  
 C. Guscott  
 L-D. Petrie  
 T. Hubbard  
 J. Ellison  
 M. Wilson  
 K. Peterson  
 C. Quirk

Bottom l-r  
 M. Ross  
 A. Linder  
 K. Miller  
 H. Fitzgerald  
 B. Neriuka  
 H. Jiwani







# CANDIDS VI AND VII





### GRADE VIIB

Top l-r  
Mrs. Blake  
A. McCallum  
S. Wood  
R. Curran  
L. Freeman  
S. Edgell  
A. Praël  
C. McCaw  
A. Scanlan

Bottom l-r  
M. McLeish  
L. Lewin  
S. Lundgren  
A. Brown  
M. Harker  
J. Loney  
S. Glide



## GRADES VIIB AND VIIM

### GRADE VIIM

Top l-r  
Mrs. McAuley  
S. Courville  
S. Kolowrat  
D. Giesbrecht  
T. London  
M. Ander  
T. McLeod  
R. Jefferies

Bottom l-r  
B. Morton  
M. Bowcott  
J. Trenholme  
A. Loney  
T. Vaughan  
R. Neilson  
K. Stocks





## GRADE VIII

Top I-r  
Mr. Doney  
M. Dong  
J. Banister  
S. Anderson  
E. Grant  
G. Atchley  
J. Taylor  
L. Bauld  
Second I-r  
M. Griffith  
A. Rasmussen  
C. Tennant  
L. Blake  
M. Obdrzalek  
K. Hagmeier  
C. Maggiora  
S. Kilner  
J. Doris  
E. Basnett  
M. Doyle  
T. Tomaszewski  
Third I-r  
S. Callander  
K. Gunther  
S. Plumpton  
K. Tomlinson  
J. Miller  
E. Abrioux  
S. Rerrie  
L. Darms  
Bottom I-r  
S. Moore  
S. Prevost  
C. Briggs  
A. Hallman  
A. Wall  
L. MacFarlane  
F. Spark  
Missing:  
M. Fischer  
D. Fizzard



## GRADE IX

Top I-r  
B. Burrage  
N. Gardner  
J. Forth  
A. Kemp  
E. Bell  
E. Fontaine  
S. Kemna  
Second I-r  
Mrs. Jenkins  
L. Rippington  
A. Ollila  
S. Harriott  
B. Parry  
S. Abbott  
C. Carter  
M. Maggiora  
C. Collis  
J. Robinson  
V. Bray  
M. Dovey  
R. Fisher  
Third I-r  
W. Jones  
W. Newell  
V. Smolov  
V. van Raalte  
D. Truss  
E. Wright  
N. Wood  
N. Dong  
P. Brady  
Bottom I-r  
R. Schandall  
M. Shaya  
A. Cuthill  
R. Lanius  
J. Chant  
Missing  
S. Carlsen



# GRADES VIII AND IX







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## GRADE X

Top I-r  
E. Marley  
P. Johns  
D. Horodyski  
D. Andrews  
M. Atchley  
J. Dryden  
J. Newton  
Second I-r  
Mrs. Pfister  
G. Ladd  
K. Luke  
M. Scanlan  
A. Heath  
C. Hambleton  
C. Frazer  
N. Dokken  
H. Palmer  
K. Ellis  
S. Clark  
K. Raz  
A. Middleton  
C. Deeproose  
L. Bergseth  
Third I-r  
S. Takacs  
M. Pace  
S. Bartels  
A. Wardell  
S. Leach  
C. Young  
J. Damant  
C. Banister  
Bottom I-r  
L. Williams  
J. Chant  
D. Bhandar  
M. Greene  
K. McCluskey  
R. Bertz  
D. Haddad  
C. Riedel



## GRADES X AND XI



## GRADE XI

Top I-r  
W. Tse  
J. Hope  
S. Hanuse  
M. Drent  
R. Barlow  
S. Lloyd  
J. Barr  
Mrs. Read  
Middle I-r  
J. Henderson  
L. Templeton  
A. Newbury  
C. Zimakas  
F. Griffith  
R. Horner  
A. Parker  
A. Friedmann  
Bottom I-r  
P. Brady  
M. Jenkins  
H. Hernandez  
L. Loomer  
C. Yip  
K. Ryan  
S. Chambers  
Missing:  
M. Johnson  
M. von Thurn





#### GRADE XII

Top Row:  
Mrs. Malik-Dieme  
Z. Williams  
C. Wardell  
C. Waldmann  
J. Williams  
Mrs. Beynon

Bottom Row:  
T. Rumsby  
L. McKellar  
A. Bethell  
J. Horwood  
P. Greenwood



## GRADE XII AND PREFECTS

#### PREFECTS

J. Horwood  
T. Rumsby  
Mrs. Wilmot  
A. Bethell  
P. Greenwood  
J. Williams







# CAISTER

**House Captain:** Carol Waldmann  
**Vice-Captain:** Janice Hope  
**Middle-House Rep.:** Christy Collis  
**Junior House Rep.:** Mary McLeish

Dear Caister,

Once again, we have proved ourselves proficient as one of the best houses at Norfolk. We have participated in all possible house events; the results have been very pleasing, and our house spirit has continued to pour forth.

Many thanks for electing me as your House Captain. It was fun at the swim meet, Jingle Bell Jog, and house parties. Your support was appreciated.

Participate to your fullest potential always and remember that the Caister Smurf will see you through every event.

"Caister women never turn back!"

Sincerely,  
 Carol

# DEREHAM

**House Captain:** Zoë Williams  
**Vice-Captain:** Megan Jenkins  
**Middle-House Rep.:** Gretchen Ladd  
**Junior House Rep.:** Shannon Courville

Dear Dereham,

This year has been an exciting time for our girls in blue. We competed in such events as the inter-house swim meet, the Jack-O-Lantern jog and Track & Field day, receiving good results. The support and enthusiasm that was so well established last year was well-matched this year with our new house cheer, "We are Dereham" and our new mascot.

I thank each one of you for voting me in as your House Captain and for continually backing my every whim and endeavour with our true blue spirit. Thanks to our house "Mum", Mrs. Jenkins, and the staff supporters who kept a watchful eye over our proceedings.

Always be proud to shout in support of our house and remember, "We are Dereham, mighty, mighty Dereham."

Sincerely,  
 Zoe





## WALSINGHAM

**House Captain:** Penny Greenwood

**Vice-Captain:** Robyn Horner

**Middle-House Rep.:** Miriam Shaya

**Junior House Rep.:** Rae Neilson

Dear Walsingham,

I would like to say thanks to all of you for making my Grade 12 a very memorable year. I cannot express how proud I am of my House and the terrific spirit and enthusiasm that I felt from all you people lucky enough to belong to the "Wonderful World of Purple". I want to thank especially Robyn, Miriam, Rae and Mrs. Neilson for their terrific support and helping hands.

If you ever feel an attack of "despair" coming on, think about the Swim Gala 1983, and remember that we did it! You really proved yourself worthy of belonging to Walsingham.

Good luck in the future!!

Love,

Penny.



## WYMONDHAM

**House Captain:** Judith Horwood

**Vice-Captain:** Fiona Griffith

**Middle-House Rep.:** Nammarra Dokken

**Junior House Rep.:** Laura Lewin

Dear Wymondham,

You have all really excelled this year in participation and spirit. Your cheering at the swim meet was fantastic. Congratulations in your victories in the famous fun runs. Your participation and results in these has not been surpassed by any other house.

Many thanks to our house "mom", Mrs. Morehen, for always being there at house meetings to support me through all my problems; and to Mrs. Kennedy and our great swimming parents for getting wet for us at the Swim Meet.

Although the other houses are admirably trying, Wymondham, you're a hard act to follow.

Thanks for making my year as Captain a special one.

Good luck next year,  
Judith







## SPECIAL EVENTS 1983







## WEST COAST TRAIL VENTURE — MAY 1983

The Duke of Edinburgh Award Club worked hard to complete their Silver Award. One of the four parts of the award involves an expedition, which proved to be the most challenging while also being the most rewarding. Tracey Rumsby, Ann Newbury, Margaret Drent, Anré Friedmann and Lise-Lotte Loomer participated and completed the trip. Ann's sister and, Peter Yolland, an expert in hiking, escorted us. We became acquainted with typical features of the West Coast of Vancouver Island: rain, mud and desolation; however, we now appreciate being British Columbians and what all the vast wilderness of B.C. offers.

Lise-Lotte Loomer



## THE GRAND TOUR — APRIL 1983

During the Spring Holiday, a group of senior students, chaperoned by Miss Chatterton and Miss Jennings, travelled to England and France. We saw many famous places: Windsor Castle, the Tower of London (the Crown Jewels) and Stratford-upon-Avon. Also, we spent several days shopping along King's Road, Carnaby Street, and Oxford Street. To add to the fun, we viewed five fantastic stage shows. Our fondest memories of London include ordering three large pizzas at 1 a.m., departures from restaurants, staying up all night talking through paper-thin walls, and Bill, our tour guide.

The second part of our Tour took us to Paris. The ferry ride was somewhat different from what we were used to! After a long bus ride to Paris, we arrived, but had to search desperately for our hotel. In Paris we visited the Eiffel Tower, La Galerie Lafayette and Le Printemps. We also visited Versailles. Our fondest memories of Paris include the "Boula-Boula boys," the train station, chocolate crepes, Les Patisserie, beautiful shoe stores, and our drive down the Champs-Elysees, with a visit to the Modern Art Museum.

Returning to England, we proceeded to spend every last penny. We all had the time of our lives on this trip.

Carol Waldmann

### Duke of Edinburgh Award Presentation at Government House.







## STRATHCONA



In May, 1983, the Grade 9 class flapped their delicate wings and took off for Strathcona Park. It was to be an eventful week for all! The activities for the week included a ropes course, a survival lesson, kyaking, rock climbing in the rain, canoeing in the rain and eating nutritious food in the rain. We also went on an educational 'bog walk' on which we learned to play a game called 'neato'. The leaders at Strathcona were very nice, and we became very attached to them; thus it was understandable that when we had to leave them, we were swimming in our tears. We owe special thanks to Mr. Knapp and Mrs. Pfister who had to put up with us for that week. Their patience and understanding were never-ending.

Looking back at Strathcona, we shall always remember Shannon's poem, Anne-Marie's ants, a certain 'weirdo' who broke Mr. Knapp's knife, and the pool of tears we must have left in the bus. We must also congratulate Susan for breaking her two toes while jumping down a step only two centimetres high, after Mrs. Pfister and Mr. Knapp had boasted of a week free of injury.

Strathcona was an unforgettable experience and enjoyed by all!

Michele Scanlan



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April  
1983



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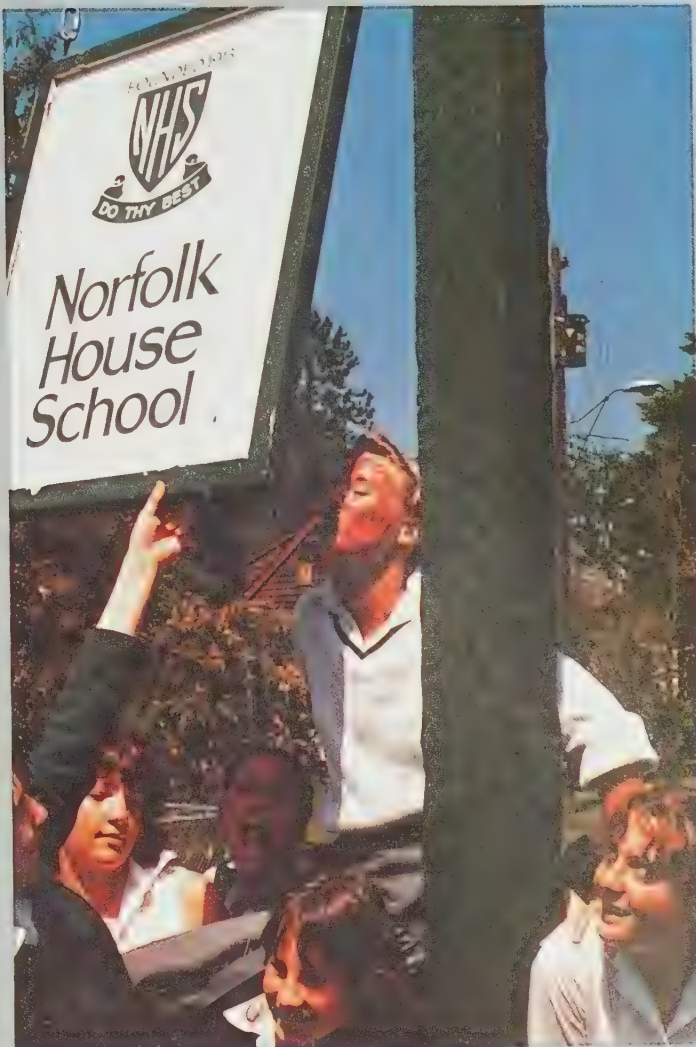
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# OPEN HOUSE CANADA EXCHANGE TRIP TO OTTAWA

On May 14, 1983, twenty-three excited Grade 10 girls boarded a plane for Ottawa to complete the Open House Canada Exchange Program with the Lycée Claudel. Upon our arrival we plunged into a varied program of educational activities arranged to promote our understanding of Canada as a land representing many cultures.

A highlight of our visit was a chance to attend a session of Parliament and to meet Prime Minister Trudeau. A boat trip on the Ottawa River afforded picture-taking opportunities. Visits to the Museum of Science and Technology, the National Gallery and to Rideau Hall were followed by a reception given by the Ambassador of France. At the National Arts Center our group saw the play "Walsh", which focused attention on the treatment of native people. We saw the judicial system in operation at the Supreme Court of Canada. There was an unexpected opportunity to get acquainted with Pat Morrow, who had recently conquered Mount Everest. He showed a program of slides of the Canadian Expedition. NHS girls acquitted themselves well in a soccer match against Lycée Claudel. It was exciting to hear our school cheer three thousand miles from home! A final highlight of our trip was a visit to Montreal, a city of fabulously ornate churches and cobble-stoned streets and a special "joie de vivre".

The trip was a fine opportunity to improve our French skills and we all became more aware to the differences between East and West. Thank you, Mrs. Beynon, for making this marvellous experience possible.

Margaret Drent

Lycée Claudel



Parliament



Mrs. Beynon



Pat Morrow



P.M. Pierre Trudeau





The Honourable Grace McCarthy, Deputy Premier, spoke on April 13, 1983. Her non-political talk revealed the breadth of her Human Resources Ministry and the careers involved in that field of endeavour.

## PUBLIC SPEAKING EVENTS

On April 29, 1983, Mrs. Gail Hulnick, host of the CBC Radio's Morning Show, talked to students about her experiences in broadcasting and journalism.



Bishop Remi de Roo speaking on Economic Justice at the Public Affairs Forum — Nov. 1983.



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## DEBATERS — 1983

Our own public speakers and debaters! L-R Karen McClusky, Nonalee Dong, Michele Scanlan and Alex Wardell; our very special coach, Mrs. Read; Margaret Drent, Beaumont Bear, our very special mascot; and Robyn Horner. Michele placed third in the individual debating category, and the junior team placed third over all at the Independent Schools Tournament at Crofton House. Margaret and Robyn went to Winnipeg in October and competed at the annual St. John's Ravenscourt Speech Tournament, which is sponsored by the English Speaking Union. This is the second year Norfolk has sent a team, and we have reached the final rounds both years. Robyn placed third in the Dramatic Interpretation Category, and Margaret excelled in her debating by winning both debates. WELL DONE, EVERYONE!!







# SHAKESPEARE DAY — APRIL 1983

William Shakespear's Birthday — (April 23) was celebrated at NHS. A variety of scenes from his plays were presented by the talented student body. During the day, students and staff again paraded in colourful period costumes. The Grade 11's added a new note this year — their May Song. Prizes were awarded for outstanding performances.



# CARNIVAL — MAY 1983

The Carnival on Saturday, May 14, 1983, was a great success, despite overcast skies. Ninety-five percent of the books, white elephants and clothing were sold. One-hundred goldfish were won. Six enormous tubs of ice cream were eaten, not to mention the hamburgers, candy and popcorn. The champagne luncheon was fantastic and enjoyed a full house. The junior fashion show was a highlight. All in all, it was a day that all parents, staff, students and visitors enjoyed.



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"We  
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**TALENT**

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**JUNE  
1983**





# GRADUATION DINNER AND DANCE

The annual Graduation Dinner and Dance was held this year on Friday, June 10, 1983, at the Crystal Gardens. Miss Winifred Scott, former Headmistress of Norfolk House, graced this 70th Anniversary Graduation celebration. After a delicious dinner and speech, there was dancing until 12:00 midnight.

## GRADUATING CLASS — 1983

Alison Banister  
Prina Blaauw  
Siobhan Collins  
Jacquelyn Deeprose  
Jennifer Doyle  
Jennifer Hanley

Deirdre Owen-Flood  
Kim Peterhegyi  
Melanie Phillips  
Lily Pun  
Susan Robinson  
Catherine Windle



## CLOSING CEREMONIES



The 1983 Closing Ceremonies were held on Friday, June 17, 1983, at the University Centre. After "O Canada" and the Invocation by Reverend J.G. Titus, the choir sang "Evening Hymn" and the school, "Gaudeamus Hodie". Before the various prizes were awarded, Mr. David Hambleton, Chairman of the Board, gave his opening remarks, followed by a short speech by the new Headmistress, Mrs. Margaret Wilmot. The Guest Speaker this year was Miss Winifred Scott who recalled her happy years as Headmistress of Norfolk House and spoke of the fruitful years ahead for both the Graduating Class and the School. After the Grade 12 Prizes were awarded, Susan Robinson, Head Girl, gave her address. Then Diplomas were presented by Mr. Hambleton. Two musical selections closed the ceremonies: "Fly Away" and "Echoes in Darkened Halls" written especially for Norfolk House by Timothy Williams.



# FALL BARBECUE

The annual Barbecue was held on September 17, 1983. It was, as usual, a great success. The food was delicious, and the magic show entertaining. Many 'old girls' returned to the school for this opening event. As added attractions there were afternoon events: baseball, field hockey and tennis games. There was a good turnout of Old Girls for the hockey game against our present senior team. The Old Girls beat the seniors 3-0 in a fun match which included ten minutes of the old 1968 hockey rules. Thanks to Mrs. Horwood for helping to referee and explain the old rules.

Rosemary Barlow







## BIOLOGY TRIP TO BAMFIELD

On September 13-15, 1983, twenty-seven Grade 11's and 12's accompanied by Mrs. McCullough and Mrs. Whitmore, had the opportunity to visit Bamfield Marine Station. Previously an important cable station on Vancouver Island, Bamfield is now the home of an impressive marine station where students in university and school groups can go to learn about



Marine Biology and can take part in many activities. Highlights of our trip included a boat ride on the rough Pacific Ocean to collect a variety of sea organisms and fish; a plankton tow in order to view the many different species under microscopes; learning about life on docks and pilings; and a walk to Brady's Beach where those courageous enough went swimming in the ocean. Not only were the accommodation and food past our expectations, but also the weather was really quite warm; we all learned a lot about the life of Marine Organisms and the world in which they live.

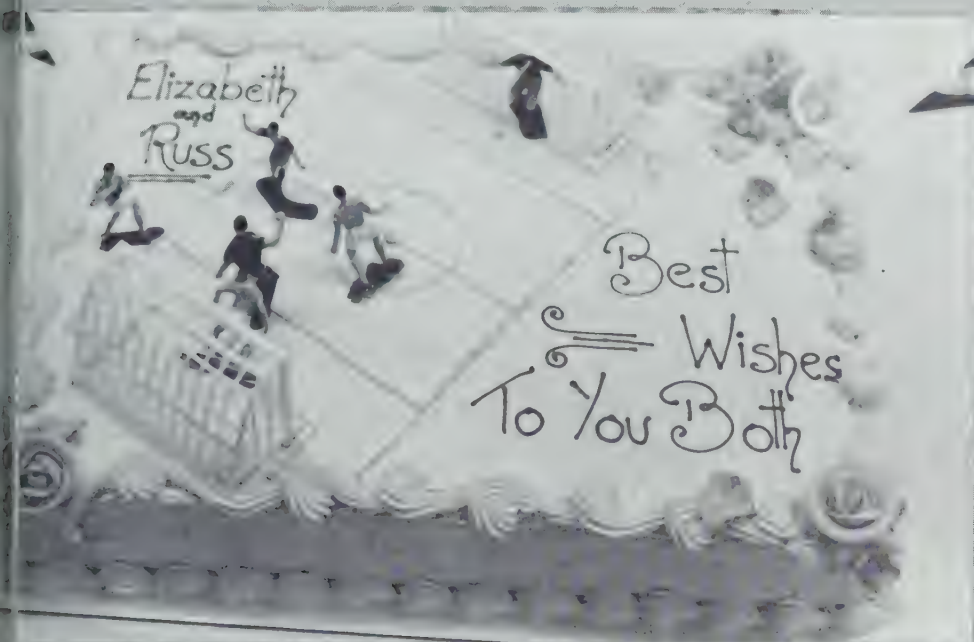
Megan Jenkins







WEDDING SHOWER for Mr. Steel held at NHS on Wednesday, October 5, 1983.



## FIELD HOCKEY

Another successful highlight of our field hockey season was the triumphant game in which NHS beat Stelly's 3 to 0. This game was one of the many enjoyed by all who participated.





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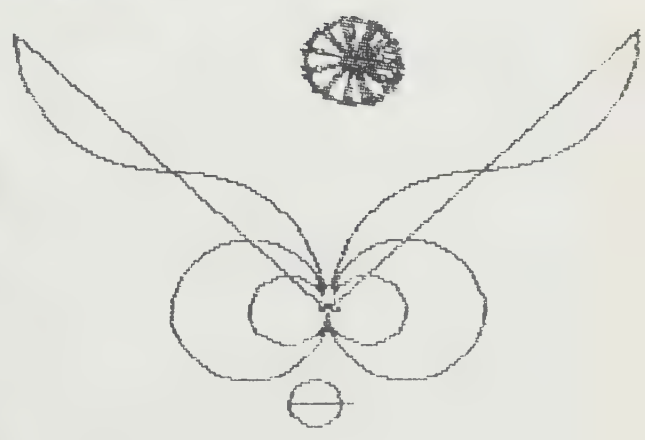
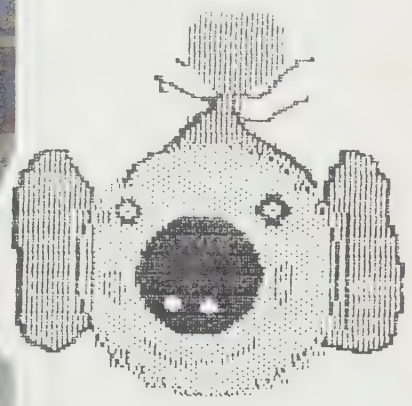
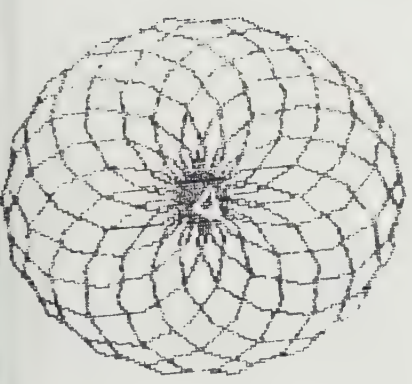
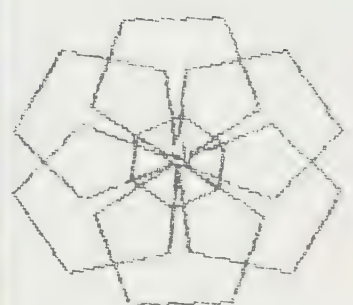
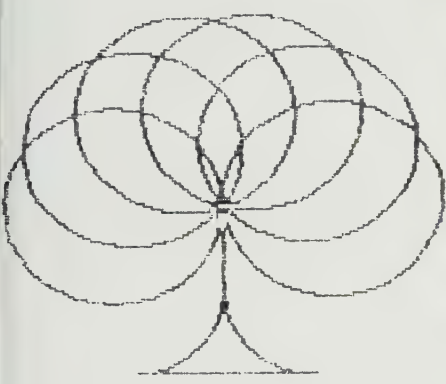
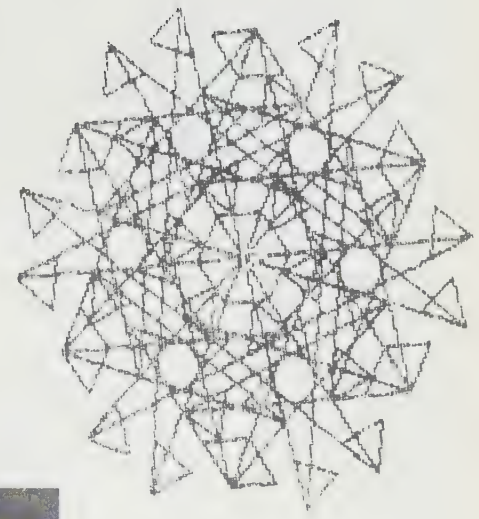
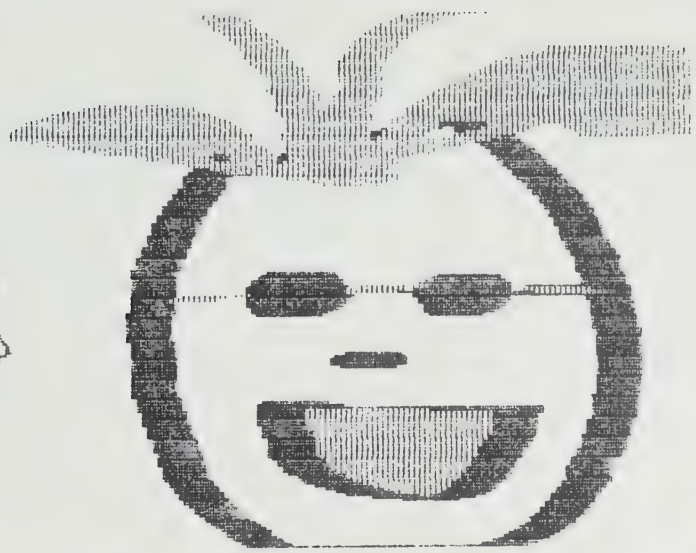
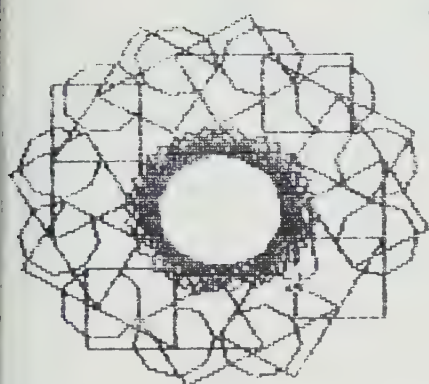
October, 28,  
1983



- 6:00 p.m. HAPPY HOUR
- 7:00 p.m. WELCOME — Dr. D.H. Hambleton, Chair-  
man of the Board of Governors.
- RESPONSE — Mrs. Margaret Wilmot,  
Headmistress of Norfolk House  
School
- GRACE — Bishop W.G. Burch (father of  
Mrs. Wilmot)
- DINNER — A potpourri of tasty dishes
- 9:00 p.m. FOUR SEASONS MUSICAL THEATRE  
ENTERTAINMENT
- 9:30 p.m. DANCING TO MUSIC PROVIDED BY  
DENNY'S









# SENIOR CHOIR



These sixty young ladies from Grades 8-12 have been busy this year. In October we had our school debut singing "Harmony" and "The Water is Wide" for assembly. In December there was the school Carol Service at St. Matthias Church and the Oak Bay Parade of Choirs. The winter term was spent preparing for festival in the spring, while some of our members were also hard at work for *Wizard*. On April 13, we shall be providing a short intermission programme for the Auxiliary's Fashion Show. This will be followed closely by the Music Festival at the end of the month. This year we say goodbye to the "Singing Grade 12's". These students have given important musical leadership over the last six years. To them and to all choristers, I say thank you for your dedication over the past year.

The Concert Choir is made up of 25 students from Grades 9-12 who elected to receive a credit for Choral Music. This Choir forms the nucleus of the Senior Choir. In the fall, the Choir sang for the School, visited Glengarry Hospital, attended the Oak Bay Parade of Choirs, took part in the School Carol Service and visited CFMS where we sang live on Joe Easingwood's programme. In the winter term, they have also been preparing selections for the Music Festival. In addition, they have worked with a student conductor and had a workshop with the Sweet Adelaines, Victoria Chapter. In April, the choir will be taking part in Renaissance Day, and competing against the Senior Choir and other choirs at the Music Festival. On May 17, they will perform at a special music recital put on by the Music Department in order to raise funds for our new piano. The Choir has worked hard throughout the year and has made great strides in sight-reading and tone production. Bravo!

# CONCERT CHOIR







# J U N I O R C H O I R



The Junior Choir had a busy first term preparing music for the Oak Bay Parade of Choirs, and for our own Carol Service. The second and third terms were spent preparing for and performing at the Greater Victoria Music Festival and a short year-end programme. The Junior Choir meets on Tuesdays and Wednesdays at lunch time and have been a very dedicated and enthusiastic group.



The Orchestra consists of 12 students from Grades 7-11. They meet at lunchtime on Fridays and prepare pieces to play for school assembly. In the fall term, we learned a version of the "Moldan" by Smetanov, and in the winter term "Sonatina" by Haydn. Some of the regular orchestra members joined with more advanced instrumentalists to play in the *Wizard of Oz* orchestra.

# O R C H E S T R A





# D E B A T I N G C L U B



The Debating Club has enjoyed an outstanding year. After the successes of the St. John's Ravenscourt and Newman-FISA tournaments, Norfolk went on to compete at the Ravenhurst tournament held in Nanaimo in November and attended by schools from all over Vancouver Island. The team captured four of the six top individual awards and also won the overall Grade 8 category. During the Christmas holidays four girls debated on Joe Easingwood's CFA Radio programme. Then, on February 4, the Vancouver Island Regional Debate Championships were held at NHS. Along with Glenlyon School, NHS welcomed 120 debaters and 100 judges. We were pleased to have a number of "Old Girls" back to the school who acted as judges. Three rounds were televised by Channel 10. Seven girls qualified for the Hammarskjold, four Juniors and three Seniors. NHS debaters won the top Junior Affirmative prize and captured many of the top places at both levels. Junior debaters also participated in the first annual Belmont invitational tournament in February. Many awards were won by NHS debaters, including the prize for the winning school. Following the Provincial Championships in Grand Forks in March, debating will wind up with the Third Annual Inter-House Competition. Many thanks to Mrs. Read for her time and encouragement, and to both Mr. Doney and Mr. Read for their assistance with research material.

Margaret Drent

This year's production, involving various members of the Drama Club, was the musical "The Wizard of Oz." Co-produced by Mrs. Kennedy and Mrs. Read, and directed by Miss Chatterton, it has also involved several staff and students in various jobs. The major production of the year is always an event eagerly awaited and energetically worked on by both staff and students. Congratulations to all those whose inspired performances and hard work helped to ensure another NHS "artistic success"!

# D R A M A C L U B





# S O C I A L S E R V I C E C L U B



This year the Social Service Club has been very busy with many interesting and successful projects, thanks to all the help and ideas generated by the club members. In October, the annual Hallowe'en Unicef collection took place. For the harvest assembly in November we made a lovely display of donated goods for the Thanksgiving hampers, which were later taken to the Upper Room Soup Kitchen and were very much appreciated. We received enough food and presents to give to four families on welfare, along with a voucher each to purchase a turkey. As well as being very busy with the hampers, we managed to sell Unicef Christmas cards. With the help of many enthusiastic students, we decorated two Christmas trees for the Christmas Fair. Thanks to everyone who has donated so much time and energy into making the Social Service Club a success.

Maurine Johnson

The main duty of the Student Council is to organize and run successfully the three school dances Norfolk has per year. Our dance in the second term was quite an exciting event, since it was the first that has been held off the school premises. We sponsored a Grade Seven foster child, Delmi Shari Aguilar, who lives in South America. By receiving letters each month we are able to see the progress she is making. With the help of Mrs. Beynon and Miss Jennings, the students organize events to make the academic atmosphere more enjoyable.

Anwylid Bethell



# S T U D E N T C O U N C I L





# PUBLIC AFFAIRS FORUM

The Public Affairs Forum is a club which brings outside speakers from the community to provide programmes of contemporary interest to NHS students. Included this year have been Professor Anthony Burke of the University of Victoria and the film, "If You Love This Planet," a programme dealing with the issue of disarmament; Bishop Remi de Roo, speaking on "Ethical Reflections on the current economic crisis in Canada"; a panel discussion on issues in education in British Columbia; and Peter Newman, author and journalist, speaking on Canada's defense policy. Future programmes will feature the American Ambassador to Canada and Senator Ray Perrault.

Last June Lise-Lotte Loomer, Anré Friedmann, Margaret Drent, Robyn Horner, Jennifer Doyle, and Anne Newbury all received their Duke of Edinburgh Silver Award, presented to them by Lieutenant Governor Henry Bell-Irving at Government House. To receive their silver award the girls had to go on a gruelling three day, thirty mile hike on the West Coast Trail, aided by their instructors, and towards the end, mentors, Elizabeth Newbury and Peter Yolland. Along with the West Coast Trail hike, the girls had to complete three other categories — skill, fitness, and service — to receive their awards. This year they are working on their gold award, the highest and most challenging level. There are also some new members this year who are currently working to complete their bronze and silver awards. Their expedition will include a ten-day sailing trip on the "Robertson II", and a fifteen to thirty mile hike in Strathcona Park. The group hopes to complete their awards in time to have them presented to them by Royalty.

Ann Newburg

## DUKE

## OF

## EDINBURGH







# LIBRARY CLUB

The Library has a new look for '84. The reorganization and placement of shelves has opened up our multi-purpose library to function more effectively for all concerned. Our book sale this year was a great success due to parents, students, teachers and friends who donated books to the library. Lara Tomaszewski and Elizabeth Gates received library pins for excellent service.

This year Mrs. McCullough and the Sewing Club made the costumes for the school play, the *Wizard of Oz*. We would like to thank the following parents, teachers and students for their help in sewing and cutting out the costumes; Mrs. Horwood, Mrs. Robinson, Mrs. Dressler, Mrs. Horodyski, Mrs. Wilmot, Mrs. Hambleton, Miss Jennings, Mrs. Kjekstadt, Anré Friedmann, Rosemary Barlow, Celeste Hambleton, and Rasma Bertz.

K.A. Friedmann

# SEWING CLUB







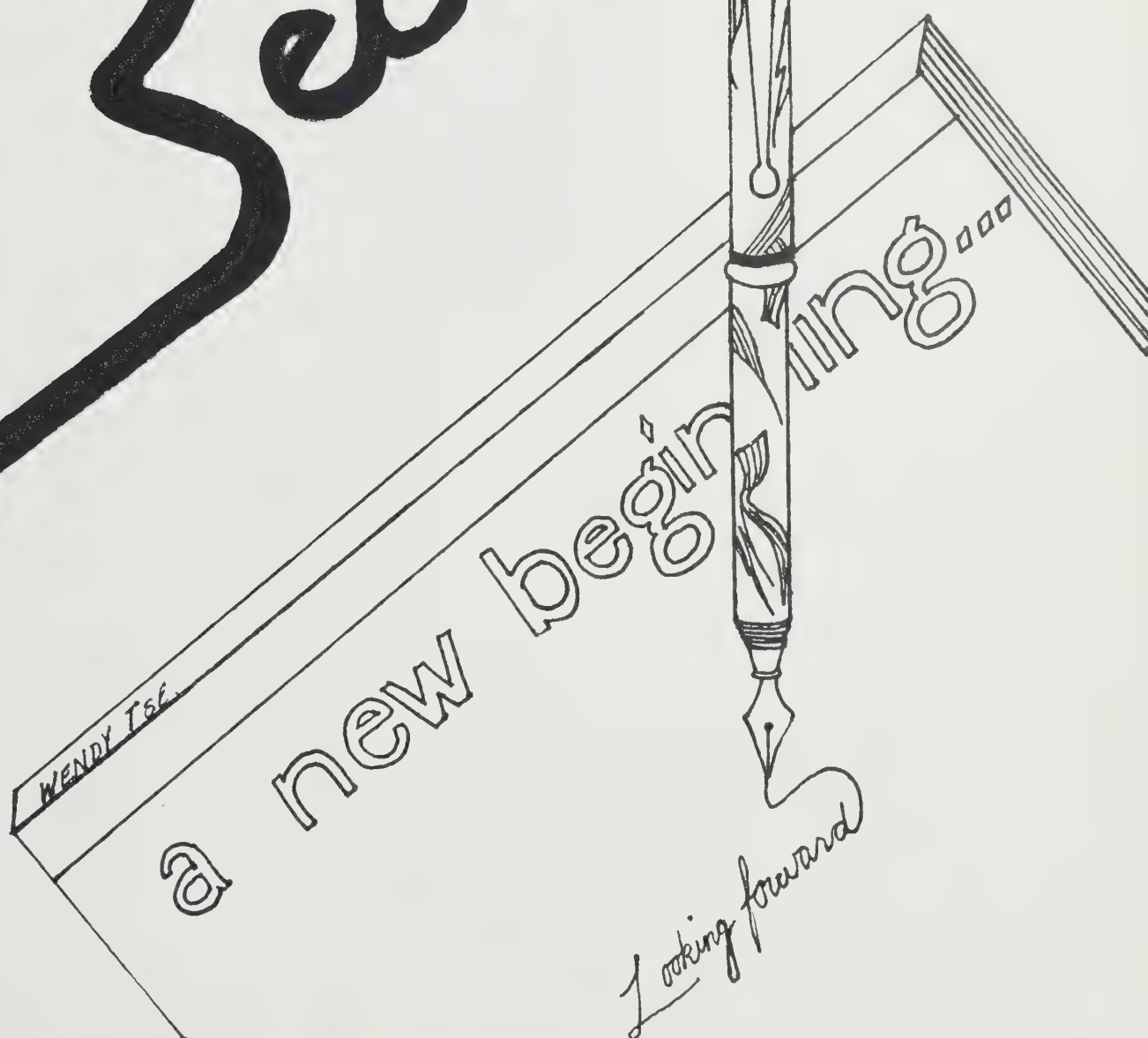
## JUNIOR CLUBS 1984

Art  
Appreciation  
Computer Art  
Crafts  
Dancing  
General  
Knowledge  
Junior  
Debating  
Needlework  
Pet Care  
String Art  
Ukulele

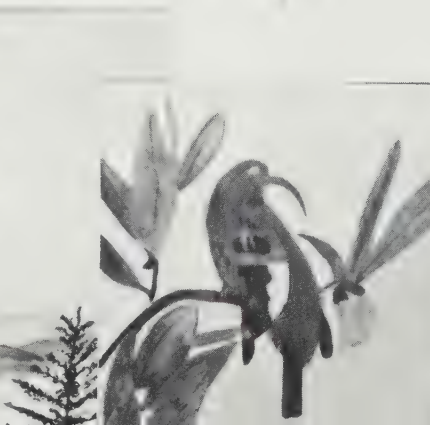




# Art Section



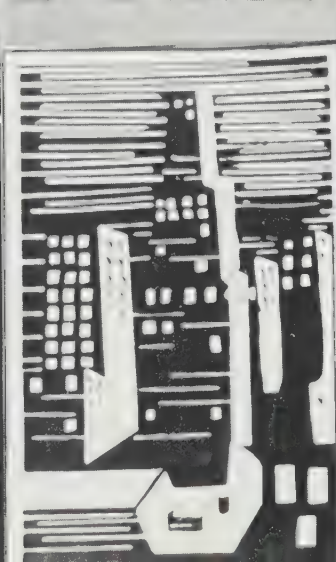
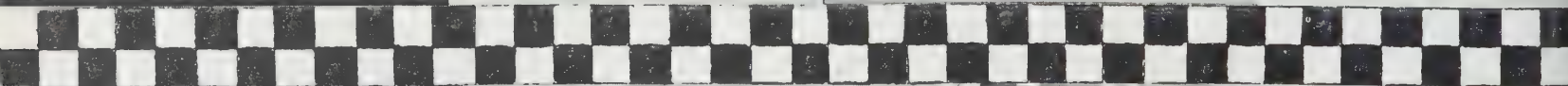
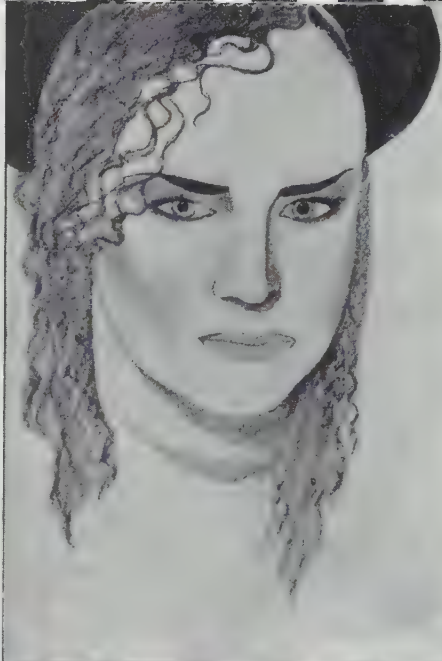
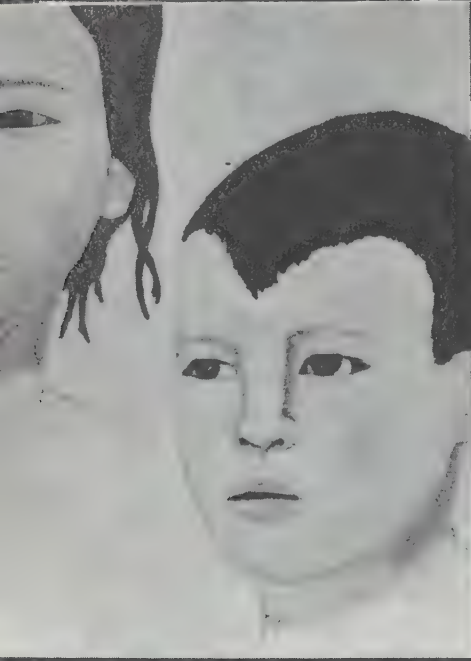
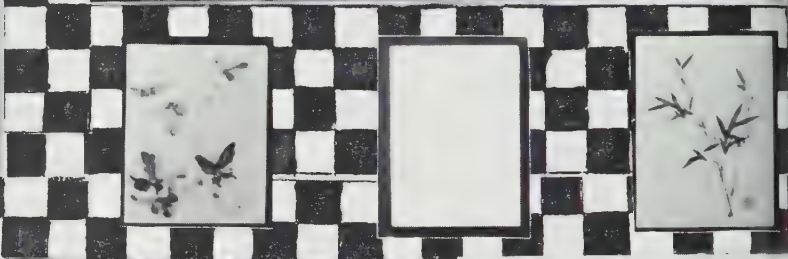
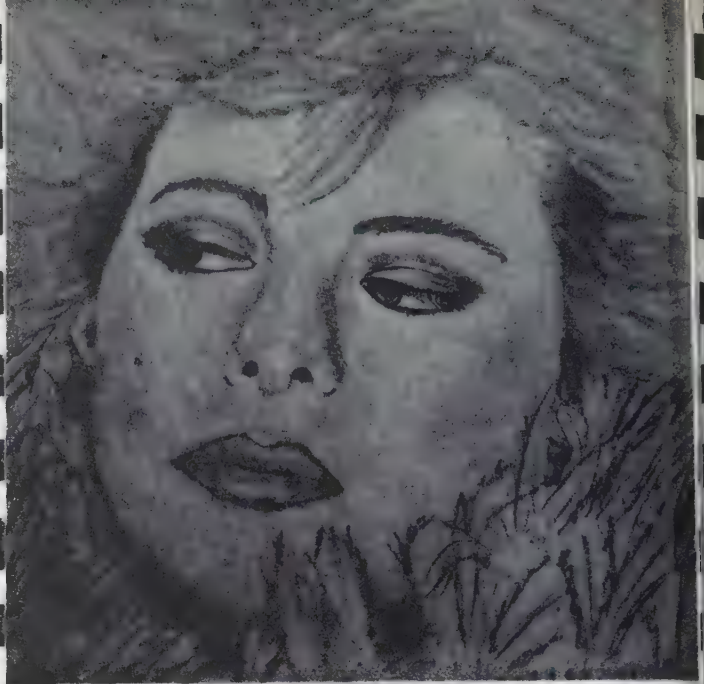














## SPECIAL EVENTS — CHRISTMAS ONWARDS

FAREWELL PARTY for Heidi Grebel and Hanna Brinkmann — Dec. 1983.



NHS was the only school on Vancouver Island participating in a German Exchange Programme this year. We welcomed two students from Germany, Heidi Grebel and Hanna Brinkmann, who spent the first term at the school. Anré Friedmann and Christa Zimakas will spend the third term of school in the Rhineland area with Heidi and Hanna. We thank Mrs. Neilson for making this experience possible.



Parents' Auxiliary Christmas Tea & Fair, School gym. Dec. 9, 1983 — Mrs. Rogers



Dec. 13, 1983  
Carol Service — St. Matthias Church







## ROBERT BURNS DAY — JANUARY 25, 1984

On January 25, NHS celebrated Burns Day in style, with a special assembly. Our guest, Dr. Tarasoff, a piper with the Sooke Highlanders, not only played for us but also "dissected" his bagpipes and explained their inner workings. Our assembly was opened by a Grade 12 rendition of "Ye Banks and Braes", followed by a summary of the life and achievement of Scotland's national bard, read by Megan Jenkins. After being piped in, accompanied by a guard of drawn swords, the Haggis was addressed, in the Doric, by Mrs. McAuley. Dancing followed with Mamie's Jig presented by some staff members and the Highland Fling performed by Heather Fitzgerald and Moira Wilson. The assembly was drawn to a close by a short bagpipe recital of laments and jigs.



The Vancouver Island Debate Championships were held at Norfolk House on February 4, 1984. Debaters from all over the Island attended this event. It was so well organized that we set a B.C. debate record for finishing on time!!!! ↓







A highly informative Careers Day organized by Mrs. Beynon and Mrs. Malik-Diener was held on Friday, February 10. Over twenty professionals from such diverse professions as psychology and wildlife management attended the event. Representatives from Canada Employment also gave presentations on finding summer jobs. The Grade 9 "hostesses" helped to make it a successful day.



On February 16, Mr. Freeman taught the Grade 5 class how to pan for gold. We found several very small flakes! He brought some gold-bearing gravel from the Sombrio Beach area.



In February, Grades 6 and 7 spent a fascinating time with Mrs. Celia Morange, an entomologist. Using a part of UVIC's enormous insect collection, we were given many insights into the lives and behaviour of these little creatures.





**"The Backbone of NHS":  
OUR MAINTENANCE STAFF**



**Bob Bentley**

**Amarjit Gill**



**Bill Tanner**

**Dirk Taekema**





# LITERATURE

"The eyes of a cat  
are the mirror of  
the Future and the  
Book of the past."  
Edgar Allan Poe



"What's past is prologue"  
Shakespeare



## To Apologize

I am so terribly  
sorry  
I was so  
involved  
in my  
book,  
and I couldn't  
resist  
the sight of the  
flashlight . . .  
I took it—  
I'm sorry!—  
and finished that suspenseful  
book . . .  
Don't punish me!  
I had nightmares  
afterwards!

Elizabeth Drent  
Grade 5

## THE SECRET OF LIFE

I am searching for the secret of life.  
But who knows this secret?  
Where should I look?

It might be under the deep blue sea,  
Or up on a snow-covered mountain peak.

Can it possibly be found on Earth,  
In some strange unheard-of land?

Could I find it in the desert  
Buried far beneath the sand?

Perhaps the unicorns know it,  
They seem so carefree and bright.

But how could I ask a unicorn?  
There is not one in sight.

Well, maybe the rainbow has it,  
Its colours dazzle the sky.

It cheers so many people up  
As it stretches so far up high.

But I think the children know it,  
They never seem distressed,  
Their freckled cheeks and shining eyes  
Know only happiness.

Caroline Riedel  
Grade 10

## BOSS

Most people,  
When I say BOSS,  
Think of men  
At desks.  
Bosses, they say . . .  
It is a man's job  
Too hard for women.  
Others I asked said,  
Some man  
Whose secretary  
Gets him coffee.  
For women  
A new future  
Opens,  
While the BOSS  
Gets his own  
Coffee.

Leanne Boyes  
Grade 6

## WEDNESDAY'S CHILD

Wednesday's child,  
I'm caught between.  
Not where I'm going,  
Nor where I've been.

Not child-naive,  
Nor woman-wise.  
I strain at bonds,  
I cling to ties.

I scowl, laugh and cry,  
Or sit removed.  
I'm all emotions,  
All confused.

Ambitions tomorrow,  
Yet by life I'm beguiled,  
With so little time  
As Wednesday's child.

Pam Brady  
Grade 11

## FRUSTRATION

I am saddened when I blow  
My beautiful silver flute.  
The sound is so different  
From the music in my mind.  
I wish the notes would come  
Tumbling out in a rhythmic  
Stream of light and bird song  
Soaring high and carefree  
Beyond the problems of technique.

Maike Fischer  
Grade 8

## A TERRIFYING EXPERIENCE

As Anne listened to the rain beat against her window, she heard a shrill cry. She heard it again, but much closer. She went out into the howling wind to investigate. Anne crept towards the graveyard (where she thought the noise was coming from). There she saw the most terrifying thing! One of the tombstones was lifting up and a dark shadowy figure was crawling out. It was a vampire! He had slicked black hair and fiery red eyes. Something pulled her toward him. Next minute she was in a dark hole trembling with fright. She heard footsteps. Suddenly she heard her alarm clock! It had all been a dream!

Kyla Hubbard  
Grade 4

## THE CHEMISTRY LAB

A room of numbers, formulas and laws—  
Do not enter in, unless you have cause.  
It's a room of concepts and odorous stuff.  
Just five minutes in, and you've had enough.  
Stoichimetry, molarity take you by storm;  
Balancing equations makes you forlorn.  
You start look a wreck, you shirt's hanging out.  
Your experiment isn't working; there's smoke all about  
Exhausted and ruffled, you walk from that room  
With your sense of balance all out of tune.  
Your lab coat's smoldering, but you don't care;  
All you want now is a breath of fresh air.  
You think you'll never understand this "stuff,"  
But finally you will, so just be tough.

Wendy Tse  
Grade 11

## NIGHTMARE

The night  
Dark and dangerous  
Silently spreads —  
I pull the covers over my head.

The dream  
Slowly merges,  
Eventually creeps—  
Into my deepening, deathlike sleep.

The fear  
Continually rises,  
Making my mind  
A hell for the prisoner caught inside.

The morning's  
Sudden light,  
Lets me escape  
From the terror of night.

Nonalee Dong  
Grade 9

## DREAMS

You can dream on a cloud,  
Or a sunny sky,  
You can dream anywhere,  
Your heart can fly.

Judith Kemp  
Grade 3



## ICE CUBE

Once a man gave me some balloons. Then I heard a whistling sound. The wind began to blow. I was rising in the air and I felt scared. It began to snow. I was cold. I missed my mother and father. The snow kept falling. It kept on falling. Soon it was so high it covered the biggest hills. Suddenly I turned into an ice cube. Since I was heavy, I floated down to the ground. One day my mother found me. She took me home, and she put me in front of the fire to melt the ice and I was happy to be home again.

Amanda Tannhauser  
Grade 2

## THE DOG WHO LOST ITS BARK

One day in 1977 the month of April on the nineteenth day, I was born in the Jubilee Hospital on Fort Street. I was in the hospital for five days. When I got home I saw the most peculiar dog, but my parents knew that there was something wrong with him so they decided to take him to the vet. So they did and I went too, and the vet said it was a bad case of lost barkitis! And he said to give him lost barkitis medicine for a week, and they did, and in one week his bark was back.

Sarah Danzo  
Grade 1

## HALLOWEEN IS:

Dressing up,  
Having fun,  
Being glad,  
Being spooky,  
Jack O'lanterns swinging,  
Pumpkins glaring,  
People staring,  
People at my gate,  
And everything is great.

Rosemary Basnett  
Grade 3

## A MOON DREAM

The moon is at great heights,  
Its rays come down to earth,  
And they feel like silky lights.  
A milky spray splashes the turf,  
When I hold the moon, sand slips  
through my fingers.  
Have you ever held the moon?

Meg Ross  
Grade 6

## THE PARTY

Once when I was at a birthday party something strange happened. All the people turned into frogs, mice, birds, ladybugs, bumble-bees, and bears. There was some apple juice and all sorts of birthday things. But, of course, the animals could not eat the goodies, because they did not have hands. "Quick!" I squeaked, "pretend these are your costumes!!". Then I said some magic quietly to myself, "cala kuzom and wildly wiank". A magic wizard appeared. I told him to change *all* the animals into children! The wizard immediately did as I asked him. All the children could now eat the goodies! What an unusual birthday party it had been!!

Sarah Wilmot  
Grade 2

## DREAMS

The room is dark,  
And I am scared of what might be there ...  
Green ghouls with black, empty eyes,  
Prehistoric monsters from a day gone by.  
Women in antique white dresses and pearls,  
Girls in blue tunics and delicate curls.  
Heavy footsteps on cobblestones,  
Being in a house all alone.  
Elusive spies in big, black cloaks,  
Alligators in deep, dark moats.  
Animals fighting to get out of cages,  
Horror stories on dusty pages,  
They are all my fears.  
They all disappear when I turn on my light,  
But they will return again.

Maurine Johnson  
Grade 11

## HORSE FEVER

(with apologies to J. Masefeld)

I must go down to the barn again, to my  
friends of the Equine race,  
And all I ask is the homely smell of the  
hay that tickles my face.  
And the warmth of his back and the wind  
in my face as I ride through the field.  
Cause then I can feel the whole world is  
mine and nothing will make me yield.

Sacha Edgell  
Grade 7

## PLACE POEM

I was there once, in a short  
but beautiful dream,

Like Alice in Wonderland or the  
snow fairy princess.

I want it again,  
and how I long each and every  
night,  
to fall, drift so silently,  
back into my special,  
My special everlasting  
Dream.

Erinn Grant  
Grade 8



C  
A  
N  
D  
L  
E

## MODERN MAN AND MACHINE

A man standing in line,  
Waits to pay a bill.  
His name is not needed,  
A number is tapped in the till.

A computer inside,  
Is working like a brain.  
But runs without feeling,  
And without stress or strain.

It doesn't matter,  
Whether the man is rich or poor,  
As the computer processes him,  
Into its store.

Data files are filled,  
With facts about you.  
And millions of others,  
Like the man in the queue.

Susan Chambers  
Grade 11

## FUTURE

automatic, advancements, robots, computer  
sonar, lunar, alone.  
secret, dark code, cipher  
satellites, spaceship, unknown

laborsaving, mechanical, astronomy, figure  
autogentic, self-produced, posterity  
estimate, calculate, parasite, future  
ahead, precocious, destiny

self-generated, instrument, automation, before  
solar, energy, vanward  
fortune, existence, coming, operator  
constellation, foredone, forward

Tiffany Loney  
Grade 6

burning bright,  
casting shadows in  
the night. Dancing  
fairies one and all,  
light and graceful  
down the hall. As  
the wax drips down  
the tapers, the  
fairies begin to  
slow their caper.  
And when the candle  
drowns and dies, the  
fairies all have  
closed their eyes.  
Gone to sleep until  
a call of a candle  
shadow on the wall.

Michelle Bowcott  
Grade 7

## I REMEMBER THE DAY

I remember the day I looked out of my window,  
I expected to see the sun,  
I saw nothing.

I remember the day I went down to my kitchen,  
I expected to see my mom,  
I saw nothing.

I remember the day I walked out my back door,  
I expected to see my garden,  
I saw nothing.

I remember the day I looked out of my window,  
I expected to see the sky,  
I saw a mushroom.

Celeste Hambleton  
Grade 10

## CARNIVAL

A black horse is going up and down.  
The carnival is coming to town.

May I please have a ride?  
Will you come on too?  
It's only one ticket,  
Plea . . . ea . . . se, will you?

I want the black horse, the one on the right.  
Look at it laugh. I feel so light.

Look at me go!  
Wow! what fun!  
Oh please, please,  
May I have another one?

Anne Marie Middleton  
Grade 10

## COMPY COPY

When I was 11 years old I had never dreamt of having a robot that looked like a pencil or an ortovision and I never dreamt of living on Mars. But after the nuclear holocaust that's what happened. The day I got "Copy Homeworker and Tester Robot" I was delighted. I thought that now I would be able to get 100% on every test. Well, I did for a while. But one day after school I was watching a movie called "The Forty Thieves". I thought Compy would like to see it. Well after Compy saw this movie he copied what the robbers had done. One day he brought back 50 million dollars in jewels! I was getting angry! How was I to stop this raging futuristic, automatic, copying device? That night I thought of a plan. The plan was to sharpen Compy Copy's pencil brain and force him to watch the movie "The Good Guys Always Win". That night we did watch the movie and you know what? Compy became a pencil cop and stopped criminals. I am really proud of Compy my "Copy Homeworker and Tester Robot". Now I always get 100% on my tests.

Heather Irvine  
Grade 6

## THE COMING CENTURY

Have you ever taken a ride in a time machine? Well, you are about to. You fall into a deep sleep now. Without knowing it you will go ahead many, many years into the year 2073. You would use computers all 24 hours. New inventions should be made, such as cars that drive by themselves, a robot to do cooking, cleaning, washing and tending the organic garden. The cities would be covered by huge plastic bubbles, and there would be solar heated houses. The plastic bubbles would protect the city from pollution, from foul weather, and would provide a comfortable environment for plants and people. The weather would be controlled by computers, so would everything else in your home. This world would be much more convenient and pleasant. People would be happier because they would have more time for family activities and hobbies. It would be really fascinating to live in the future and to think 1984 was the "Olden Days". Children would still have to go to school, and they would have much more to learn.

Vanessa Minaker  
Grade 3



## POLLUTION

Remember the days  
when things were fresh?  
You could walk outside  
and smell the fresh air.  
Well things are different;  
Now you walk outside and smell  
smoke and pollution.  
Beaches, parks, city streets . . .  
all are filthy!  
People have no respect.  
They dump their garbage everywhere.  
No consideration.  
Give a hoot,  
Don't pollute!!!

## FUTURE WORLDS

Jennifer English  
Grade 6

Meteor showers, great big towers  
Space dromes beeping.  
Androids lurking, nuclear powers,  
lasers leeping.

## DOVE

Dove

White love

Peacefully flying freely

Opening door to freedom

Hope

World War Three, people flee  
computers flashing, bombs crashing,  
Radiation spreads, hopelessly,  
Fires burn, buildings crashing.

Laura Lewin  
Grade 7

Karin Schweitzer  
Grade 6

## TIME

Thump, thump! Thump, thump!  
Another fetus springs alive inside,  
Another fetus is being nurtured with pride.  
Gurgle, gurgle! Awwwh!  
He is born unaware of the meaning of life,  
He is born not knowing of love nor strife.  
Daddy, daddy! Mommy, mommy!  
A child has begun to learn his first word,  
A child has acknowledged the things he had heard.  
Bad boy! Smack, smack!  
The boy has acted out of order today,  
The boy has learned that he must always obey.  
R-rri! Squeak, squeak!  
The boy has become a man, and must work for a living.  
The boy has learned that it isn't all loving and giving.  
Crickety, creak! Hobble, hobble!  
The man is much older and is not in good health,  
The man is much wiser, but less sure of himself.  
Hush, hush! Silence, silence!  
The man is now gone, no longer to toil,  
The man is now dead, buried deep in the soil.

Tracey Rumsby  
Grade 12

## SNAILS

Snails have enlarged to the size of whales since the 1980's  
They rule the world!

If you see a snail walking down the street  
In a three piece suit  
You'd better move.

Huge with hanging jaws, slimy bodies and dirty faces,  
They charge at you and gobble up your credit cards.  
What they eat is the deceased.

Wishing life would return  
From this vast unhealthy world  
Is hopeless  
For I am the only soul left.

Leanne Boyes  
Grade 6

## BLINDNESS

Black is the sky as I peer at the moon.  
Blurred is the sun as I stare at high noon.  
How can I open the great door of hope?  
If I try to act like a newborn dove,  
Trusting and sharing and learning to love.

Annemarie Scanlan  
Grade 7

## A WORLD OF COMPUTERS

Try to imagine when men are computers . . .  
Every animal turns cruel  
No more familiar, hearty sounds of horses calling to one  
another.  
He walks with his square, electrifying head held high  
His tail a long pointy spike  
You can hear his threatening blood-curdling call among the  
computers.  
He dashes for the electrical fence, howling  
He is risking his life to jump over this fence  
He is not thinking about his prey . . . man!  
He skims the ghastly, electrical fence  
As his eyeballs fall out from shock.  
A tremendous racket is heard as his mechanical body lies  
lifeless.

Lara Tomaszewski  
Grade 6



## PEGASUS

The sun was going down to rest,  
When Pegasus went by;  
He flew ahead on wings outspread,  
Across the starry sky.

He passed the planets one by one,  
And then came to the moon;  
There he stopped to catch his breath,  
Not a moment too soon!

The dragon came with fiery breath,  
Lashing his tail as he went;  
Pegasus looked up and cried,  
His energy was spent.

Pegasus took a final breath,  
Then sped across the sky;  
The dragon knew he couldn't catch him,  
But wasn't sure quite why.

Michelle Greene  
Grade 10

## TRAVELLING THROUGH TIME

The car travels along the road  
The street lights reflect the skyscrapers  
The rain patters on the windscreen  
But the people just keep walking.

The dark heavens begin to rain  
The gutters carry the streams of dirt  
The car rushes through the dark  
But the rain won't stop.

The car leaves the stunned city  
The new dawn begins to grow silently  
The rain slows as daybreak approaches  
But the car just travels the road.

The rain dies, as morning commences  
The horizon is lit with colour  
The shadows fall beyond the fences  
But the blushing sky isn't numb.

The golden sun radiates off the car;  
The meadows beckon in the breeze.  
The blank azure sky lies too far  
And the muffled land can't respond.

Anne Heath  
Grade 10

## HIPPOCRENE

I too, am inspired by Hippocrene,  
As others have been before.  
The story of Pegasus, shining and white—  
The scaly locks Medusa wore.

It started when Medusa, gorgon  
Whose looks turned beholders to stone,  
Was beheaded by Perseus, (Son of Danae,  
And Zeus, the king of the throne).

He held a mirror to protect himself  
And shone it in the old hag's face.  
Then, when he cut off her head, in one blow,  
Out Pegasus flew with great grace.

Petra Johns  
Grade 10

## SORROWS

The waves crashing monotonously against the house,  
Produced a onomatopoetic thunder.  
The god was roaring that evening,  
unaware of the damage he was causing.  
The moon was hidden by whisking clouds.  
The wind was roaring, uprooting trees,  
Bringing back old, dark memories.  
People were lying dead in shallow, muddy ditches.  
Blood was dripping from many wounds.  
Tears were falling from the surviving few.  
The old curmudgeon god had no friends.  
As I viewed the scene,  
I looked out into the darkness and met  
the god of anger.

..... I shivered .....

Miriam Shaya  
Grade 9

## GALLANTRY

A maiden wandered in the wood,  
Picking daisies left and right,  
When suddenly she stopped and stood.  
Before her was an awful sight.

A dragon lashing his mighty tail,  
Spewing fire and smoke, blood red,  
The maiden hid beneath her veil,  
And wished herself safely dead.

But, Lo, there came a handsome prince,  
With armour, lance and spear.  
Although he's fought many times since,  
He's never saved a maiden so dear.

Susan Leach  
Grade 10

## RAIN

The rain falls,  
it seems to never stop.  
Are the gods so sad  
to cry so much?  
Do they suffer the pain  
of man's failure on Earth?  
Each day more tears,  
each day more rain.  
The rain still falls  
Man still fails.

Liz Bell  
Grade 9



SITTING IN MY ELECTRIC CHAIR

Alone, dark and dreary,  
No one here to query.  
Sitting here with many a care,  
Alone in my electric chair.

People come and people go  
My mind doesn't really grow.  
Nothing here is ever fair,  
Alone in my electric chair.

Every day the hole gets bigger,  
And I seem to lose my vigor.  
My hair begins to grow much longer,  
As the hold on my chair gets stronger.

The hole is becoming smaller now,  
I wipe the sweat from off my brow.  
I loosen my grip from my electric chair  
Without the slightest bit of care.

Carmen Carter  
Grade 9

JAILBIRD BLUES

I sit and stare at the steel bars,  
Hearing through the window the roar of cars.  
I hate it in here, but there's no way out,  
Even if I got out, I'd be caught without doubt.

The guards around here are very tall,  
When they let me out I always crawl.  
That may sound very silly to you,  
But I feel safer on four than I do on two.

They put me on a very strange diet,  
And stuff me with food to keep my quiet.  
I like eating food that's good and sweet,  
But all they give me is warm milk and ground meat.

There's not much to do but sleep in here,  
And when tired of that, I shed many a tear.  
There are not many prisoners here today,  
"Soon you'll be out", that's what they say.

Minutes turn into hours that never stop.  
I wish I were tall enough to climb over the top.  
I've been on the outside where life is great,  
Then my emotion is in a happier state.

Oh my goodness! Could it be?  
Yes, she's coming over to me!  
I'm saved! I'm saved! I'm out of my cage.  
Never will I feel again any more rage.

I feel so contented at this time,  
For now I'm hearing a nursery rhyme.  
Will I be going back? "Oh maybe".  
It's hard to know when you are a baby.

Gretchen Ladd  
Grade 10

PRISONER

She was like a prisoner on a train  
Trapped within herself,  
And though the train was beautiful  
She only wanted to be free

The thick walls that kept her in  
Were put there for her use.  
Inside she felt secure and strong,  
For they kept the world outside

She passes people on her route  
And longs to call and wave to them,  
But the doors are locked, the windows barred  
And she can only watch them disappear.

Sometimes she sees a place  
Where she might like to go,  
But she's never sure what might be there  
So she never tries to leave

Once she nearly got away  
The door was all but open  
But seeing danger all around  
She closed it up again

And now she knows it will be hard  
To work the lock again,  
And the bolt is very heavy still  
But she's determined to be free.

Jennie Doris  
Grade 8

THE OUTSIDER

Outside, there are children shouting happily  
And kicking a ball in the dust.

Outside, there are women in bright-coloured aprons  
Hanging freshly-washed clothes on the line.

Outside, there are men drinking beer  
And talking at leisure to their friends.

Outside a cat tends her kittens,  
While dogs run freely through the streets.

Inside, there is a solitary man:  
A bed, four grey walls and a locked door.

Megan Jenkins  
Grade 11

POEM

The streets are filled  
With people dancing  
None walking  
None sleeping  
None dying  
But some crying  
With happiness in their eyes.

Marsha Griffith  
Grade 8

NEW YORK

Statue of Liberty — hope for many,  
Poverty, despair for some.  
Majestic skyscrapers, reaching up,  
Dwarfing the human soul.  
Glitter of Broadway lights;  
Manhattan's empty alleyways at  
night.

Music, party and laughter;  
Hungry man without a home.  
People in synagogue, church and  
temple;  
People without faith or hope.  
New York, a City:  
Glory and Pain.

Stephanie Bartels  
Grade 10

THE BENCH AT THE BUS STOP

Mostly old folk  
occupy  
the bench where the bus stops,  
while the young stream by  
lightly  
wheeling  
in cars or on foot.

In the sun  
on the bench  
old folk  
philosophize  
criticize  
wisecrack  
exchange views  
about youth  
knowing  
it too  
must sit on a bench  
at the end.

Anwylyd Bethell  
Grade 12



## WINTER TERM

Summertime is so far away.  
Our backyard jungle is sleeping.  
When will the holidays come? It's hard to say.  
Is our sprinkler still worth keeping?

It's dark all day long;  
The sun's gone swimming.  
Christmas is over.  
Is this part of life, really living?

Again and again I want to play.  
More and more I work all day.  
The childlike eye of summer teases me,  
While the memory of the last one silently  
seizes me.

Each day is exactly the same.  
I've lost all track of time.  
If only there was a potion to drink  
To slowly bring life back to mind.

We are subconsciously moving  
Through work and seasons and leisure  
And all the while we're loving  
To live for the coming warm weather.

Then, sunshine shone on me,  
And all the trees turned pink.  
To summer this must be the key,  
I thought and still I think.

Karen Luke  
Grade 10

## MEMORIES

A teardrop glistens in the eye  
To think of those you left behind.  
The clear blue skies and sunny smiles,  
The memories that will never die.

But why the tears for childhood days?  
The glistening snow and blossoming trees.  
And happy carefree days gone by  
Are moments that shall never fade.

Zoë Williams  
Grade 12

## FRIENDS

Friends may see whatever in me  
That I may never see.  
Friends are special, like no one else,  
Cheering you up when times are rough.  
It's always nice to have a friend,  
From the beginning of life,  
To the very end.

Nancy Gardner  
Grade 9

## A FRIEND

A Friend is:  
Someone who shares happiness,  
Someone to share sadness,  
Someone to care about,  
Someone who has freckles,  
Someone to play tag with,  
Someone to share a swing with,  
Someone to talk with,  
Someone to shout at,  
Someone to play piano with,  
Friends are nice, I'm glad,  
I have a friend.

Cathleen Plumpton  
Grade 3

## TIME

Time . . .  
a funny concept  
Why twenty-four . . .  
not one hundred?  
Why sixty . . .  
not ten?  
You never have enough time  
when you need it:  
You always have too much  
when you don't.

How fast one year goes by . . .  
Soon you are old and grey,  
Talking not of yesterday,  
but of yesteryear.

Memories, ah . . .  
a romantic sunset  
a tearful goodbye  
a joyful ceremony

Life is full of memories:  
happy and sad.

Life is time;  
Time is life.  
Without time . . .  
how would we achieve?

Achievement takes time  
Without time we would not reach tomorrow.  
Ah . . . a solution to the atomic problem?  
No one will ever know . . .  
Perhaps it is better this way  
Then again . . .  
perhaps it is not.

Penny Greenwood  
Grade 12

## THE POETRY ASSIGNMENT

Here's my paper,  
with my pen on it,  
Sweating, and trying  
To write a sonnet.

I struggle to think  
of theme and verse,  
Ugh, poetry,  
What could be worse!

THE POEM IS DUE  
says my homework book;  
It pains me to see it,  
so I do not look.

So here I sit  
the night before;  
my wrists are aching;  
my fingers are sore.

I write some more,  
then tear up the page,  
"My garbage can overfloweth",  
I think with rage . . .

"How can she make us  
write a poem?"  
The clock strikes midnight,  
and I groan.

Christy-Anne Collis  
Grade 9

## HAIKU

Outside a classroom  
Green, yellow and dirty  
Stands a smiling garbage can.

Yasmin Weis  
Grade 5

## SKY

Azure blue for bright days,  
Aching blue of twilight,  
Gray for windy days,  
Black of night.

Silver thread of stars,  
Golden thread of sun.

Margaret Drent  
Grade 11



## IMAGES

A chilled fruit knife  
Cuts through pillows of clouds  
With slivers protruding  
Over the uneven folds of land.  
We cannot see the end to its rays;  
They are transported through  
A time unseen,  
To a miniature world  
All its own.  
A clear world,  
That sparkles  
With a four point star  
That pricks the air  
With its slender spines,  
Delicately balanced  
On a vein of grass,  
So frail, that  
If one blew on it  
Its balance would  
Be shattered  
Beyond repair.

Wendy Tse  
Grade 11

## BEAVER

He is gnawing down a tree with his  
long sharp pointed teeth. Another  
animal approaches. An enemy. The  
animal whacks his tail on the ground.  
His friends splash into their homes  
and they're safe. He looks around  
timidly and dives in.

Janice Alton  
Grade 4

## ROSES

Roses,  
Delicate petals,  
Light and intricate.

Corina Yip  
Grade 11

## HAIKU

My cat Natascha  
lies and rolls on window sills  
drunk with warm sunshine

Maike Fischer  
Grade 8

## THE ROSE

Oh, red, red, Rose,  
In your silken clothes,  
Come mend my heart  
And remove your deadly dart.

My Hearts is of glass  
And with one blow  
Would shatter my soul  
If you were to go.

Oh, red, red, Rose,  
You are no longer the heart of my life  
As I have another friend, beautiful and bright  
He is the Lily White.

Alison Cuthill  
Grade 9

## FOREST FIRE

A fire ignites in the forest ferns;  
Crimson and crackling as it hums.  
Its glowing colours, full of spite,  
Scorch the trees all day and night.  
The pallid sky has now turned black;  
The trees are stifled; there's no going back  
Twigs are singed and splinter afright  
Like grasshoppers leaping high with delight.  
Embers lie scattered upon the earth's floor  
Alight with leaves sizzling as the ashes grow more.

Mary McLeish  
Grade 7

## THE COBRA

His slimy body slithered through the grass. Not a creature was stirring but then he spied a brown sleek body dashing through the blades of grass. His eyes gleamed in the moonlight . . . yes! It was a mongoose. SSSSSSS. He raised his head to prepare for the battle. The moongoose made a strike for the neck and a piercing scream was heard, but the serpent wasn't dead. He jabbed his venomous fangs into the spine of the mongoose . . . and it was over. The triumphant victor darted away with no show of emotion.

Shanti Atkins  
Grade 4

## ONE SPRING DAY

Morning has just sprung.  
The sun has just brightened  
the sky. Animals are waking  
up from winter.

Lisa Rerrie  
Grade 5

## A FAR SEA

The crashing sea is not soft and foamy  
Lapping the ancient rocks.  
It is not quiet and kind  
But angry and loud  
As if it were displaying hate for the land.  
It does not trickle over the sand,  
The sea curls in moon-curved circles  
Tumbling over pebbles  
The sea is not a picture anymore . . .  
But an image of a madman.

Anne Heath  
Grade 10

## NATURE'S PAIN

I read once  
that flowers and trees,  
When they are cut  
— scream —  
If this is true, then,  
the silky smooth juice  
of the flower,  
the rich sweet sap  
of the tree  
must be their  
— tears —  
Painful tears . . .

Janice Hope  
Grade 11

## AUTUMN

The autumn smell  
of burning leaves  
awakes me from my dream.  
I feel the cold wind  
and the sharp rocks biting  
into my back.  
As I move  
I see the sky full of clouds,  
and I know it is fall.  
I have slept since spring.

Lisa Darms  
Grade 8







# SPORTS





# GAMES CAPTAIN



Dear Norfolk,

This year has been another successful one for Norfolk House. Everyone has participated with a lot of enthusiasm and support, and the house spirit has grown tremendously. I would like to thank all the students for their encouragement inside and outside school.

Also I would like to thank Mr. Steel and Miss Cooke for their overwhelming support. You have all made my last year very memorable. I wish you all the best, especially next year's games captain. I hope you give her all the support which you have given me.

Tracey Rumsby





### JUNIOR HOCKEY

Top Row L to R:

Christy-Anne Collis, Nammarra Dokken, Davina Bhandar, Carmen Carter, Hallie Palmer, Vanessa Van Raalte, Michele Scanlan, Lisa Williams, Miss Cooke

Bottom Row L to R:

Carolyn Deepprose, Joanne Damant, Sara Plumpton, Christine Horodyski, Cindy Frazer.

This year's team was very successful and placed well in the city finals. Congratulations to all the girls.



### SENIOR HOCKEY

Top Row L to R

Jenny Williams, Maria Hernandez, Fiona Griffith, Charlotte Wardell, Tracey Rumsby, Judith Horwood, Jayce Henderson, Kathleen Ryan, Zoë Williams, Mr. Steel

Bottom Row L to R

Jane Barr, Lise-Lotte Loomer, Mimi Johnson, Anwylid Bethell, Christa Zimakas, Penny Greenwood, Wendy Tse.

Missing: Carol Waldmann





Team Captain — Judith Horwood

## SENIOR FIELD HOCKEY

This year's Senior Hockey Team had great enthusiasm and played really well as a team. We entered the city league and enjoyed ourselves immensely, placing high enough to attend the Island Championships. Although we were unable to attend this tournament, we participated in the I.S.A. field hockey championships. Congratulations to all the team members including:

*Tracey:* Pig Pen saved the team many a time from embarrassing losses by always getting in front of those flying hockey balls.  
*Carol:* Shouting "rude" nicknames across the field, Waldo-woman scared off many dribbling opponents, proceeding to take the ball to their goal line.

*Anwylyd:* Nonny, our fantastic goalie, saved the team many times by her sensational saves and flying kicks.

*Penny:* Setting the aesthetic standards for the team, Penny made great jabs and perfect passes without once wrinkling her skirt.

*Judith:* Although restricted to centre front, "Hormones" could be seen dashing from left defense to the opposition line in a matter of seconds while pocketing a goal or two on her way.

*Zoe:* Zo-bo successfully filled the kleats of Deedee with her neat "pull backs" and "squares". Great playing, Zoe.

*Charlotte:* Charlotte, our fantastic right wing, scored a sensational goal to add to her great tackling and "squares".

*Jenny:* Our fantastic manager gave us great support and original shouts such as "Infiltrate, Norfolk!"

*Mimi:* As one of our backs, Mimi whaled on the ball through screen doors with cunning precision and power.

*Jayce:* A new member of the team, Jayce proved herself worthy by gracefully dribbling the ball past one opponent after another.

*Kathleen:* Our great half-back, Kathleen was always there to back up and assist the forwards on their many charges up the field.

*Lise-Lotte:* Our famous "jabber" did the team proud by always re-tackling those elusive opponents and most often coming up with the ball.

*Fiona:* Fiona was always running ahead of the forwards, while they attempted to catch our speedy wing.

*Jane:* This fantastic back supported Non immensely, always ready to attack those opponents barrelling down the field.

*Christa:* Another great back, Christa faithfully stopped those forward opponents. Christa's flying free hits moved the ball up the field quickly, letting Nonny breathe a sigh of relief.

*Maria:* Bouncing from position to position on defense, Maria competently filled the spaces while charging our opponents.

*Wendy:* Busy with other commitments, Wendy managed to squeeze in time to support the team whenever gaps arose in the starting line.

We would like to thank Mr. Steele and Dr. Kjekstad for all their support and coaching. I feel we really improved this year, thanks to all the time they gave us. Our thanks also to all our faithful spectators.

Judith Horwood





Top Row L to R:

### **ELEMENTARY CROSS COUNTRY**

Mr. Darms, Thia Franklin, Jennifer Loney, Maila Williams, Lisa Weston, Mrs. McKinnon, Rae Neilson, Mary McLeish, Laura Lewin, Moira Wilson, Heather Fitzgerald, Mr. Blake.

Bottom Row L to R:

Diana Cramer, Alison Loney, Tiffany Loney, Candice Guscott, Risha Toss, Bonnie Neriuka, Anna Kemp.

The Cross Country team showed a lot of energy and came out with fantastic results. Keep up the good work girls!!



### **SENIOR VOLLEYBALL**

Top Row L to R:

Carolyn Deeprose, Laura McKellar, Susan Chambers, Jane Barr, Gretchen Ladd, Cindy Frazer, Mr. Steel

Bottom Row L to R:

Jayne Henderson, Zoe Williams, Tracy Rumsby, Lise-Lotte Loomer, Janice Hope.

The Volleyball team held many enjoyable practices. The girls also participated in the ISA tournament, as well as the Overman games against St. Margaret's. Everyone had a lot of fun and improved their playing skills. The girls want to extend their thanks to Mr. Steel who gave up his time to coach the girls.





### **JUNIOR CROSS-COUNTRY**

Top Row L to R:

Marsha Griffith, Mrs. McKinnon, Jeanette Dryden

Bottom Row L to R:

Andrea Wall, Sara Plumpton, Lisa Blake, Christy-Anne Collis

Mrs. McKinnon and the team participated in the city league well. The girls ran well represented the school with skill.



### **SENIOR BADMINTON**

Though the girls were small in number, they played very well, representing the school with skill. We can clearly see that this will be one of our future strong teams. The girls would like to thank Miss Cooke for her coaching and support throughout the season.

Top Row

Miss Cooke

Bottom Row L to R:

Tracey Rumsby, Zoë Williams, Charlotte Wardell, Fiona Griffith





### SWIM TEAM

Top Row L to R:

Michelle Greene, Jeanette Dryden, Cindy Frazer

Middle Row L to R:

Jeanette Miller, Dawn Truss, Elizabeth Bell, Shaina Anderson, Emmanuelle Abrioux, Christy-Anne Collis, Stephanie Kilner, Jennifer Taylor, Kirstin Gunthur, Lisa Williams, Laura McKellar, Anne Heath, Mr. Steele.

Lower Row

Christy Tennant, Janice Hope, Anré Friedmann, Judith Horwood, Tracey Rumsby, Carolyn Deeprose, Jenny Forth, Chrissy Maggiora

Bottom Row L to R:

Brenda Parry, Liz Fontaine, Alison Cuthill, Michelle Maggiora, Julie Robinson.

The 1984 team was very strong and victorious. A joint effort with Glenlyon proved successful, and the team placed well in the city. Thanks must go to Mr. Steel for his time and never-ending support.



### JUNIOR TRACK AND FIELD

Top Row L to R:

Miss Cooke, Sara Plumptre, Lisa Williams, Brenda Parry, Andrea Wall, Jeanette Drydon, Joanne Damant, Dawn Truss, Christine Horodyski, Mr. Steel.

Bottom Row L to R:

Carmen Carter, Marsha Griffith, Lisa Blake, Christy-Anne Collis, Cindy Frazer





## JUNIOR TENNIS

Andrea Wall, Anne-Marie Middleton, Miss Cooke, Gretchen Ladd, Shannon Takacs

The Tennis Team played with Glenlyon in the City League. They also participated in the Island Championships. Overall it was a very successful season for the girls. Congratulations.



## SOCCER

Top Row L to R:

Cindy Frazer, Nancy Gardener, Carmen Carter, Fiona Griffith, Janice Hope, Christine Horodyski, Carolyn Deeprose.

Middle Row L to R:

Jayne Henderson, Penny Greenwood, Shannon Takacs, Zoë Williams, Tracey Rumsby

Bottom Row L to R:

Sara Plumpton, Alison Cuthill, Brenda Parry, Anwylyd Bethell

A new favourite at Norfolk came to life this year with abundant energy. The girls played well and their enthusiasm was incredible.





### SENIOR TENNIS

Andrea Wall, Judith Horwood, Miss Cooke, Zoë Williams, Gretchen Ladd



### ELEMENTARY TRACK AND FIELD

Top Row L to R:

Heather Irvine, Tiffany Loney, Mrs. Morehen, Thia Franklin, Maila Williams, Alison Loney, Rae Neilson, Lisa Weston, Karma Miller, Heather Boyes, Anna Kemp, Risha Todd, Diana Cramer, Catelin Robertson, Mrs. McKinnon.

Bottom Row L to R:

Sofka Bishop, Robin Hounslow, Cathleen Plumpton, Noel Ibrahim, Gina Mae Aggett, Rosemary Basnett, Shelley Giesbrecht, Helen Scorey, Katie Clarke, Jamesie Bray.





### SENIOR TRACK AND FIELD

Top Row L to R :

Mr. Steel, Anwlyd Bethell, Janice Hope, Fiona Griffith, Carolyn Deeprose, Miss Cooke.

Bottom L to R :

Tracey Rumsby, Zoë Williams, Penny Greenwood, Judith Horwood



### CANOE CLUB

Top Row L to R :

Davina Bhandar, Carolyn Deeprose, R.J. Fisher, Christy-Anne Collis, Mr. Steele, Josie Chant, Michelle Maggiora, Anré Friedmann, Jenny Forth, Virginia Bray.

Bottom Row L to R:

Charlotte Wardell, Judith Horwood, Anwlyd Bethell, Tracey Rumsby, Penny Greenwood, Zoë Williams

One of Norfolk's newest teams was the Canoe Club. Although there were a few mishaps along the way, the girls paddled to success. Well done, girls.



# SCHOOL CLOSING — FRIDAY, JUNE 17TH, 1983

## GOOD, ALL-ROUND ACHIEVEMENT

**Grade 1** Charlotte Bowman  
Katrina Dorken  
Sarah Hollett  
Leah Mathewson  
Kelly Rerrie  
Elizabeth Wilson

**Grade 2** Amanda Kinghorn  
Haroula Koulelis  
Toni Scott

**Grade 3** Sarah Yuile  
Natasha Bawlf  
Jamesie Bray  
Bonnie Frazer  
Robin Hounslow  
Jill Yoneda

## IMPROVEMENT IN FRENCH

**Grade 1** Shanti Patella

**Grade 2** Katie Clarke

**Grade 3** Johanna Kleyn

## GENERAL PROGRESS

**Grade 1** Amanda Buckle  
Emma-Kate Pace  
Kaaren Voorhoeve  
Paulette Waterman

**Grade 2** Katherine Alexander  
Suzanna Jones

**Grade 3** Shauna Smith  
Ruby Sodhi

## EXCELLENCE IN DRAMA & MUSIC

**Grade 1** Clare Gardiner

**Grade 2** Cathleen Plumpton

## EXPRESSIVE ORAL READING

**Grade 2** Vanessa Minaker

**Grade 3** Kyla Hubbard

## MATHEMATICAL EXCELLENCE

**Grade 2** Megan Tomlinson

## IMPROVEMENT IN MUSIC

**Grade 1** Danielle Greene  
Katy Telford

**Grade 3** Laura Harrison  
Judith Kemp

## PROFICIENCY IN FRENCH

**Grade 1** Sarah Best

**Grade 2** Fiona Ely

**Grade 3** Helen Scorey

## CREATIVITY IN WRITING

**Grade 1** Shannon Gallie

**Grade 2** Elyza Hartnell  
Noel Ibrahim  
Victoria Scott

**Grade 3** Leah Bowers  
Amy Weidner

## EXCELLENT ACHIEVEMENT

**Grade 1** Susan Giles  
Lindsay Koehle  
Sarah Middleton  
Amanda Tannhauser

**Grade 3** Janice Alton  
Lisa Angus  
Erica Kjekstad  
Melissa Wigham

**Grade 2** Briony Angus  
Rosemary Basnett  
Jessica Chant  
Gina Cockayne  
Catherine Slade

## ACADEMIC HONOURS

**Grade 4** Elizabeth Drent

Anna Kemp

Jennifer Mortimer

**Grade 5** Rebekah Curran  
Heather Boyes

Tanya Hubbard

Heather Irvine

Heather Fitzgerald

Moir Wilson

**Grade 6B** Tracy London

Rachel Curran

Sacha Edgell

Catherine McCaw

**Grade 6M** Laura Lewin

Rae Neilson

**Grade 7** Tania Tomaszewski

Katie Tomlinson

Kirstin Gunther

Sara Plumpton

**Grade 8M** Silva Johansson

Ruth Lanius

Vicky Smolov

Nora Wood

Sandra Kemna

**Grade 8N** Nonalee Dong

Elizabeth Bell

Shamira Esmail

— Academic Excellence-  
book

— Academic Honours

— Academic Excellence-  
book

— Academic Honours

— Academic Excellence-  
book

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— Academic Excellence-  
book

— Academic Honours

— Academic Honours

— Academic Honours

— Academic Progress  
book

— Academic Progress -  
book

— Academic Excellence  
book

— Academic Honours

— Academic Excellence-  
book

— Academic Honours

— Academic Honours

— Academic Honours

— Academic Honours

— Academic Honours

— Academic Excellence-  
book

— Academic Honours

— Academic Honours

— Excellent Progress -  
book

— Academic Honours

— Academic Excellence-  
book

— Excellence in  
Debating

— Excellent Progress -  
book

— Excellent Progress -  
book



<b>Grade 9</b>	Janna Allen	— Academic Honours	Penny Greenwood	— For Progress - book
	Megan Atchley	— Academic Honours	Charlotte Wardell	— For Progress - book
		— Effort & Achievement - book	Anwylyd Bethell	— Excellence in Debating
	Stephanie Bartels	— Academic Honours	Zoë Williams	— Excellence in Debating
		— Effort & Achievement - book	<b>Grade 12 Prizes</b> — The top student in each of the following subjects:	
	Karen Ellis	— Academic Honours	Siobhan Collins	— Excellence in Art (4 yrs.) - book
	Stacey Jessiman	— Academic Honours	Trina Blaauw	— Excellence in Geography - book
		— Academic Excellence - book	Jennifer Doyle	— Academic Honours
	Petra Johns	— Academic Honours		— Excellence in Debating - book & cert.
	Elizabeth McLeish	— Academic Honours		— Excellence in Literature - book
		— Academic Excellence - book		— Excellence in Spanish - book
	Michele Scanlan	— Academic Honours	Jennifer Hanley	— Academic Honours
	Meg Tassie	— Academic Honours		— Excellence in Debating - book & cert.
		— Excellence in Debating		— Excellence in English - book
	Betsy Donald	— Excellence in Debating		— Excellence in French — book
	Karen McCluskey	— Excellence in Debating		— Excellence in Art - book
<b>Grade 10</b>	Anne-Marie Middleton	— Excellence in Debating	Deirdre Owen-Flood	— Excellence in Drama - book
	Megan Jenkins	— Academic Honours	Melanie Phillips	— Excellence in Biology - book
		— Academic Excellence - book	Lily Pun	— Excellence in P.E. - book
	Corina Kar-mun Yip	— Academic Honours		— Excellence in Drama (Technical Expertise (book))
		— Academic Excellence - book		— Academic Honours
	Christa Zimakas	— Academic Honours		— Excellence in Mathematics - book
		— Academic Excellence - book		— Excellence in Chemistry - book
	Margaret Drent	— Excellence in Debating		— Excellence in Physics - book
<b>Grade 11</b>	Anré Friedmann	— For Progress - book		— Excellence in Biology - book
	Rosemary Barlow	— For Progress - book		
	Judith Horwood	— Academic Honours		
		— Academic Excellence - book		
	Jenny Williams	— Academic Honours		
		— Academic Excellence - book		

## CUPS & AWARDS

<b>JUNIOR TENNIS SINGLES</b> .....	Elizabeth McLeish
<b>JUNIOR TENNIS DOUBLES</b> .....	Elizabeth McLeish
	Anne-Marie Middleton
<b>SENIOR TENNIS SINGLES</b> .....	Judith Horwood
<b>SENIOR TENNIS DOUBLES</b> .....	Zoë Williams
	Anwylyd Bethell
<b>WATTON CUP</b> for achievement in P.E. in the Junior School .....	Sara Plumpton
<b>JENNY JOHN AWARD</b> for Progress and Sportsmanship .....	Joanne Damant
<b>E.S.W. BRIDGMAN CUP</b> for Junior Hockey .....	Elizabeth McLeish
<b>THE LOCKE TROPHY</b> for the most improved player on the Senior Team .....	Tracey Rumsby
<b>INTERHOUSE &amp; INTERSCHOOL CUP FOR SWIMMING EXCELLENCE</b>	
— 14 & under presented by the 10-Mile Point Parents .....	Elizabeth McLeish



<b>INDIVIDUAL HOUSE AWARDS</b>	<b>CAISTER</b> .....	Petra Johns
	<b>DEREHAM</b> .....	Andrea Hallman
	<b>WALSINGHAM</b> .....	Andrea Wall
	<b>WYMONDHAM</b> .....	Tania Tomaszewski
<b>COCK HOUSE CUP</b> for total points .....		Siobhan Collins (Wymondham)
<b>POOLEY CUP</b> for Academic Honours.....		Jennifer Hanley (Caister)
<b>NHS STAFF SCHOLARSHIP FOR SENIOR STUDENT WITH HIGHEST OVERALL ACADEMIC AVERAGE</b> .....		Megan Jenkins
<b>GRADS OF '63</b> (Service and Spirit — Chosen by Grade 12).....		Robyn Horner
<b>OLD GIRLS' GRADE X AWARD FOR SERVICE TO THE SCHOOL</b> (cheque) .....		Margaret Drent
<b>OLD GIRLS' PUBLIC SPEAKING</b> (not debating) .....		Michelle Maggiora
<b>THE BULLEN PRIZE FOR EFFORT</b> (book).....		Penny Greenwood
<b>MME. ABRIOUX'S JUNIOR FRENCH PRIZE</b> (book).....		Tania Tomaszewski
<b>SPECIAL BOOK PRIZE FOR PROFICIENCY IN ORAL FRENCH IN THE INTERMEDIATE GRADES</b> (Mrs. Swainson).....		Gina Cockayne
<b>SPECIAL BOOK PRIZE FOR PROFICIENCY IN ORAL FRENCH IN THE JUNIOR SCHOOL</b> (Mrs. Swainson) .....		Heather Irvine
<b>NHS STAFF AWARD FOR CITIZENSHIP</b> .....		Junior: Andrea Hallman Senior: Lise-Lotte Loomer
<b>ACCOMPANIST AWARDS</b>		
<b>MRS. MARY KENNEDY'S CHOIR AWARD</b> for 4 years of continuous service in the Junior Choir.....		Emmanuelle Abrioux Lisa Blake Sasha Rerrie Jennifer Taylor
<b>SENIOR CHOIR AWARD</b> for 5 years of continuous service .....		Jennifer Doyle Jennifer Hanley Kim Peterhegyi
<b>THE CAROLYN SIMPSON TROPHY FOR GYMNASTICS</b> .....		Sarah Lloyd
<b>PENN FAMILY TROPHY FOR SPORTSMANSHIP</b> (for cheerfulness, helpfulness, striving, and all-round effort and support (Grs. 10, 11 or 12) ....		Deirdre Owen-Flood
<b>CHARLES HEISTERMAN CUP</b> for all-round progress in the Senior School ...		Alison Banister
<b>GREENWOOD SHIELD</b> for languages (English plus one or two Foreign Grade 11 or 12) .....		Jennifer Doyle
<b>HENDERSON CUP FOR DRAMA</b> .....		Jennifer Hanley
<b>READ CUP</b> for best individual debater .....		Margaret Drent
<b>THE PRIOR CUP</b> to a member of Grade 12 who has given service to the school.....		Jennifer Doyle
<b>THE BURRIDGE CUP</b> for Merit .....		Melanie Phillips
<b>D.W. ATKINS PRIZE</b> Presented to the Prefect who has shown special concern for Juniors (book).....		Jennifer Hanley Lily Pun
<b>D.W. ATKINS SCHOLARSHIP</b> (cheque) (Most needy graduating scholar) ....		Jennifer Doyle
<b>ALLIANCE FRANCAISE</b> — announcement only .....		Jennifer Hanley
<b>GERMAN CONSULATE BOOK PRIZES FOR GERMAN</b> .....		Alison Banister Elizabeth McLeish Christa Zimakas
<b>THE HAMMOND CUP</b> (& book) (For the Head Girl).....		Susan Robinson
<b>THE YOUNG CUP</b> — Athletics and Scholarship combined.....		Judith Horwood
<b>AUSTEN-LEIGH AWARD</b> to top graduating student (cup & book) .....		Jennifer Hanley

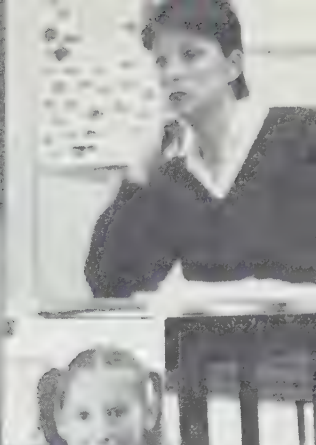
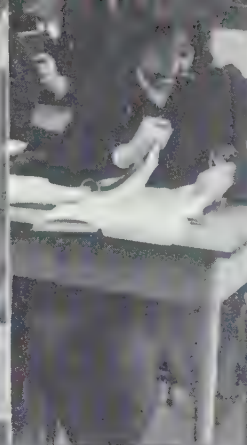




## SPORTS DAY — JUNE 1983

Elementary 80m hurdles	Caister	Kirsten Boag	4x100m Relay:		
Junior 80m hurdles	Wymondham	Marsha Griffith	Elementary	Caister	
Intermediate 80m hurdles	Wymondham	Fiona Griffith			
Senior 80m hurdles	Wymondham	Sara Davies	Junior	Wymondham	
			Intermediate	Dereham	
80m Grade 1	Caister	Sara Best	Senior	Wymondham	
80m Grade 2	Dereham	Kathleen Plumpton			
80m Grade 3	Wymondham	Bonnie Frazer			
80m Grade 4	Wymondham	Diana Cramer			
			Individual Aggregate:		
100m Grade 5 heat 1	Walsingham	Moir Wilson	Elementary	Caister	Mary McLeish
100m Grade 5 heat 2	Walsingham	Heather Fitzgerald	Junior	Wymondham	Marsha Griffith
				Dereham	Michelle Maggiora
100m Grade 6 heat 1	Caister	Kirsten Boag	Intermediate	Caister	Elizabeth McLeish
100m Grade 6 heat 2	Caister	Mary McLeish		Dereham	Siobhan Skelly
			Senior	Wymondham	Deirdre Owen-Flood
100m Grade 7 heat 1	Walsingham	Andrea Wall			
100m Grade 7 heat 2	Wymondham	Tania Tomaszewski	Field		
			Long Jump:		
100m Grade 8 heat 1	Caister	Carmen Carter	Senior	Wymondham	Deirdre Owen-Flood
100m Grade 8 heat 2	Dereham	Michelle Maggiora	Intermediate	Caister	Siobhan Skelly
			Junior	Caister	Carmen Carter
100m Grade 9 heat 1	Walsingham	Jeanette Dryden	Elementary	Caister	Mary McLeish
100m Grade 9 heat 2	Caister	Elizabeth McLeish	High Jump:		
			Senior	Dereham	Zoë Williams
100m Grade 10 heat 1	Caister	Annabel Clark	Intermediate	Walsingham	Michele Meisler
100m Grade 10 heat 2	Dereham	Sarah Lloyd	Junior	Dereham	Andrea Hallman
			Elementary	Walsingham	Rae Neilson
100m Senior (11 & 12)	Wymondham	Deirdre Owen-Flood			
			Primary Races		
400m Elementary	Caister	Lisa Weston	Race 1	Dereham	
400m Junior	Wymondham	Marsha Griffith	Race 2	Caister	
400m Intermediate	Walsingham	Jeanette Dryden	Race 3	Caister	
400m Senior	Dereham	Zoë Williams	Race 4	Caister	
			Race 5	Caister	
1500m (7-12)	Dereham	Sara Plumpton	Race 6	Caister	
			Race 7	Caister	
Sack Race:			Total in Primary Races:	Caister	
Grade 1	Wymondham	Sarah Middleton	Spud & Spoon:		
Grade 2	Dereham	Cathleen Plumpton	Grade 1	Caister	Sarah Best
Grade 3	Wymondham	Bonnie Fraser	Grade 2	Caister	Suzanna Jones
Grade 4	Wymondham	Diana Kramer	Grade 3	Walsingham	Lisa Angus
Grade 5	Caister	Bess Stevens	Grade 4	Walsingham	Anna Kemp
Grade 6	Walsingham	Rae Neilsen	Grade 5	Wymondham	Tiffany Loney
Junior	Dereham	Michele Magorria	Grade 6	Walsingham	Tracey London
Intermediate	Dereham	Sarah Lloyd	Grade 7-12	Dereham	Siobhan Skelly
Senior	Wymondham	Sarah Davies			
800m Elementary	Dereham	Maila Williams	200m Elementary	Wymondham	Alison Loney
800m Junior	Dereham	Sara Plumpton	200m Junior	Walsingham	Andrea Wall
800m Intermediate	Dereham	Siobhan Skelly	200m Intermediate	Caister	Elizabeth McLeish
800m Senior	Walsingham	Tracey Rumsby	200m Senior	Wymondham	Deidre Owen-Flood
			Squadron 1-12	Caister	
Three-legged Race:			Big Visitor (Female)	Wymondham	Dr. Eric Kjekstad & Mr. Griffith
Grade 1	Wymondham	Sarah Middleton, Leah Matewson			
Grade 2	Walsingham	Noel Abraham, Gina Cockayne	Big Visitor (Male)	Wymondham	Mrs. Griffith
Grade 3	Dereham	Thia Franklin, Jamesie Bray	Little Visitor Boy	Dereham	John Slade
Grade 4	Dereham	Laurie London, Sasha Clark	Little Visitor Girl	Walsingham	Melisa Jee
Grade 5	Walsingham	Heather Fitzgerald, Moira Wilson	Parent & Child	Dereham	Mrs. McKinnon & Sara Plumpton
Grade 6	Dereham	Sasha Edgell, Rachel Currie			
Junior	Dereham	Andrea Hallman, Gini Bray	Slow Bike Race	Walsingham	Anré Friedmann
Intermediate	Caister	Annabel Clark, Simone Brown			
Senior	Wymondham	Deirdre Owen-Flood, Sheryl Williams			





Guess who?↓







## LATEST SPECIAL EVENTS

### B.C. EDUCATION PANEL

The third Public Affairs Forum programme was held on February 28, 1984. From left to right are Sharon Duncan, Oak Bay High School student; Mary Alford of the Sooke School Board; Dr. Nelson Smith, head of Freshman English at the University of Victoria; and Mr. Doney who presented the government position based on an interview that three students had had with Mr. Hyn-drich, the Minister of Education, the previous day.

### TWELFTH NIGHT by Shakespeare



Carousel Theatre, a Vancouver-based company, visited Norfolk House on March 1st with their touring production of "Twelfth Night". Grades 7-12 viewed the "updated" performance, and enjoyed the experience very much. Susan Leach, a Drama 10 student, joined the performers to play the role of Antonio.

### SPUD DAY PREPARATIONS

On March 9, the Grade Ones iced cupcakes to raise money for Spud Day expenses. The proceeds from the sale of baked potatoes were given to the "Save the Children's Fund" in Northern Ireland. Henrietta Langran, a graduate of NHS, presented a film in a Senior Assembly on the activities of this charitable organization. A highly-succesful Spud Day took place on March 15, 1984.



OPEN HOUSE CANADA EXCHANGE — the visit of 37 students from Villa Ste. Marcelline, Montreal, to NHS. ↓





**THE WIZARD OF OZ — March 13, 14, 15, 1984**



The original and highly successful production involved 60 N.H.S. students and several boys from Glenlyon. The production was directed by Miss Valerie Chatterton and assisted by Mrs. Liane Read and Mr. Greg Darms. The musical director was Mrs. Mary Kennedy.





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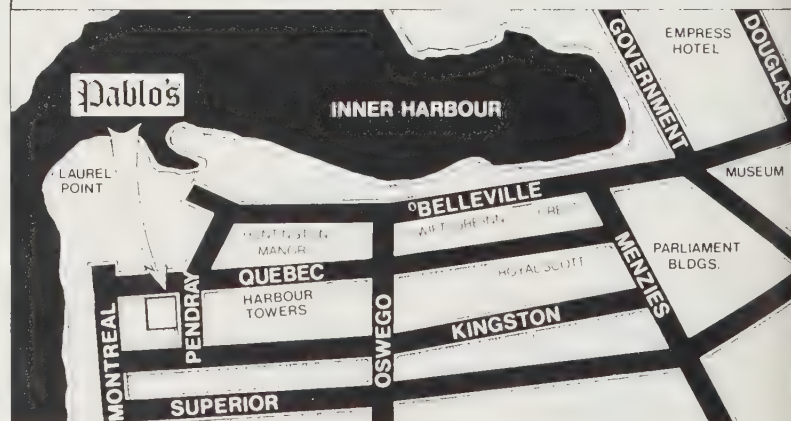
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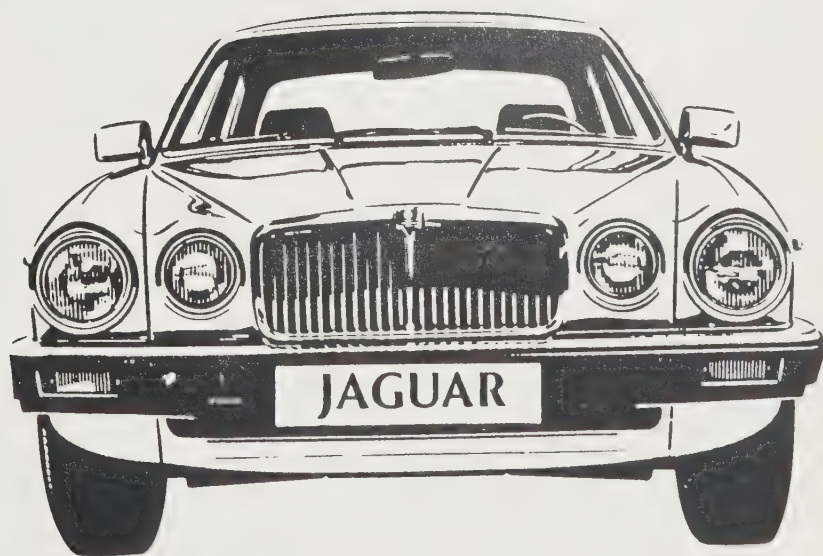
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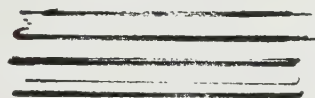




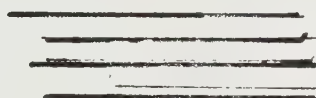
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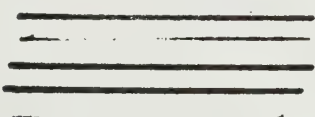
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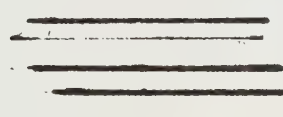
Separates



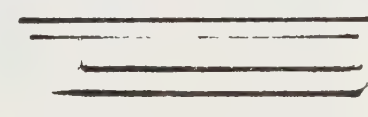
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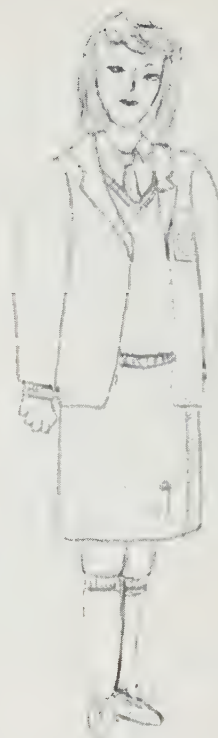
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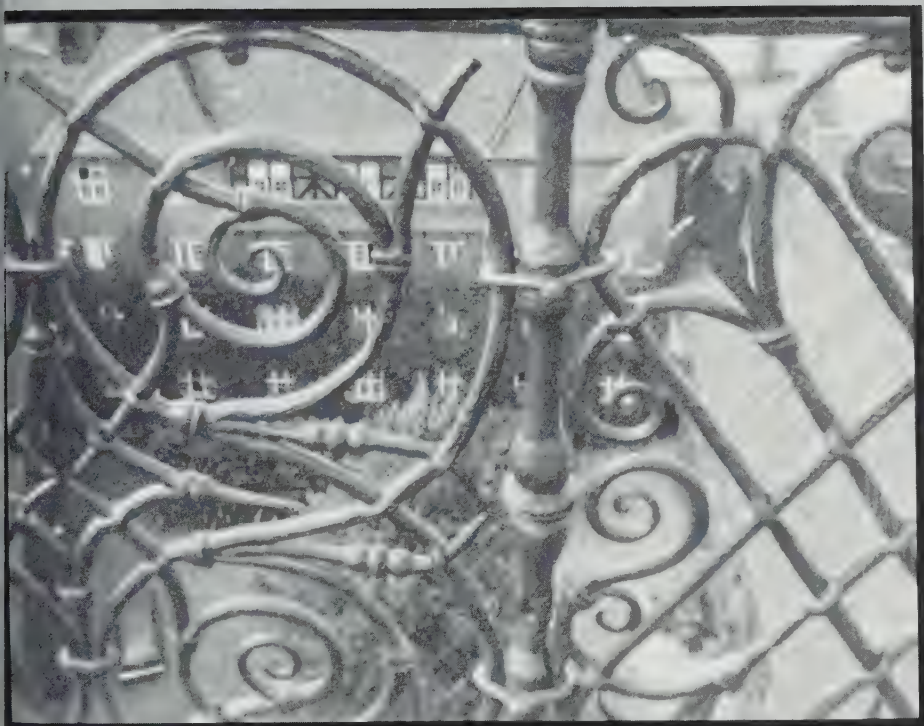
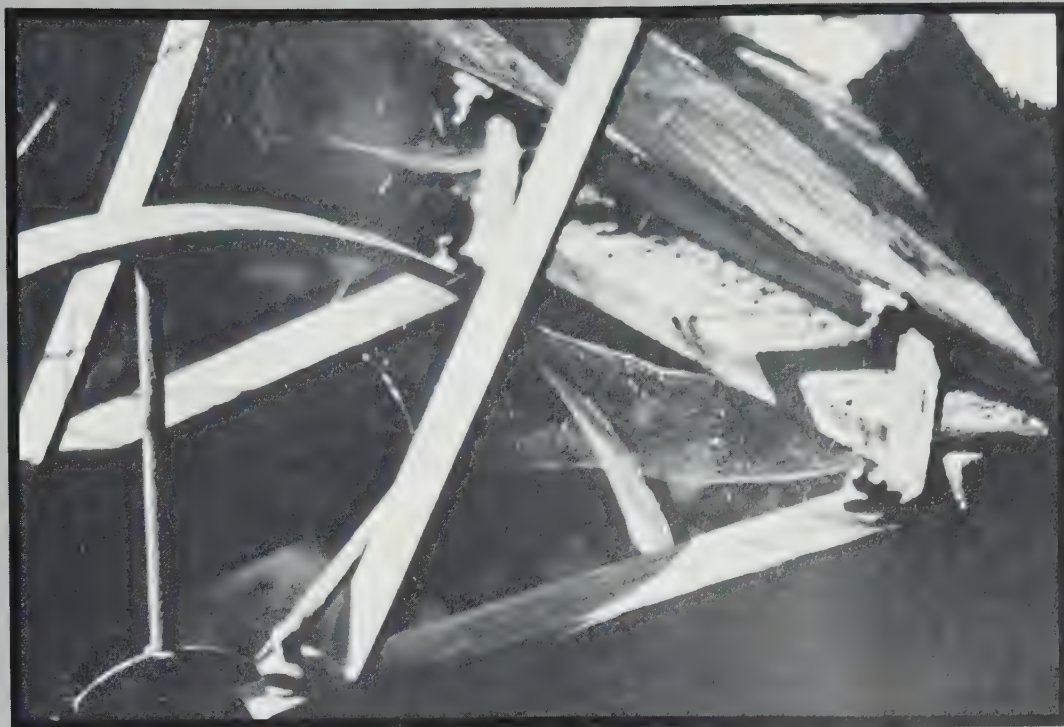


“Sydney Spit”  
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